

Free Half Marathon Training Plan

Pace and Distance (Level 3)

For more information on how to use this plan visit: humanpowerperformance.com



	M	T	W	T	F	S	S
Week 1	Easy Run 5k All in zone 1		Tempo Run 8k 2k zone 1 4k zone 4 2k zone 1			Long Run 12k 2k zone 1 8k zone 2 2k zone 1	
Week 2	Easy Run 6k All in zone 1		Tempo Interval Run 10k 2k zone 1 4x (1k zone 5a .5k zone 3) 2k zone 1		Speed Build Run 5k 2k zone 1 1k first doing 3x (:15 building gradually each :05 to a fast pace by the end of the :15. This is not a sprint. The mental image should be "quick legs" and the effort should be "fast" not "hard" then take :45 easy the remaining distance of the kilometre is at zone 1 effort) 2k zone 1		Long Run 14k 2k zone 1 4k zone 2 2k zone 3 4k zone 2 2k zone 1
Week 3	Easy Run 7k All in zone 1		Tempo Run 10k 2k zone 1 6k zone 4 2k zone 1		Speed Build Run 5k 2k zone 1 1k first doing 3x (:30 building gradually each :10 to a fast pace by the end of the :30. This is not a sprint. The mental image should be "quick legs" and the effort should be "fast" not "hard" then take :30 easy the remaining distance of the kilometre is at zone 1 effort) 2k zone 1		Long Run 15k 2k zone 1 4k zone 2 3k zone 3 4k zone 2 2k zone 1
Week 4	Easy Run 5k All in zone 1		Easy Run 7k All in zone 1			Long Run 11k 2k zone 1 9k zone 2 2k zone 1	

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Week 5	Easy Run 6k All in zone 1		Tempo Interval Run 11.5k 2k zone 1 5x (1k zone 5a .5k zone 3) 2k zone 1		Hill Repeats Run 7K 2k zone 1 3k hill repeats 2k zone 1		Long Run 17k 2.5k zone 1 6x (1k zone 2 1k zone 3) 2.5k zone 1
Week 6	Easy Run 7k All in zone 1		Tempo Run 12k 2k zone 1 8k zone 4 2k zone 1		Speed Build Run 5k 2k zone 1 1k first doing 3x (:45 building gradually each :15 to a fast pace by the end of the :45. This is not a sprint. The mental image should be "quick legs" and the effort should be "fast" not "hard" then take :15 easy the remaining distance of the kilometre is at zone 1 effort) 2k zone 1		Long Run 18k 2k zone 1 6k zone 2 2k zone 3 6k zone 2 2k zone 1
Week 7	Easy Run 8k All in zone 1		Tempo Interval Run 13k 2k zone 1 6x (1k zone 5a .5k zone 3) 2k zone 1		Hill Repeats Run 8K 2k zone 1 4k hill repeats 2k zone 1		Long Run 20k 4.5k zone 1 4k zone 2 3k zone 3 4k zone 2 4.5k zone 1
Week 8	Easy Run 6k All in zone 1		Interval Run 8k 2k zone 1 4x (.5k zone 5b .5k zone 1) 2k zone 1			Long Run 22k 2k zone 1 18k zone 2 2k zone 1	

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	M	T	W	T	F	S	S
Week 9	Easy Run 9k All in zone 1		Tempo Run 13k 2k zone 1 9k zone 4 2k zone 1		Hill Repeats Run 9K 2k zone 1 5k hill repeats 2k zone 1		Long Run 19k 2k zone 1 2x (2.5k zone 2 1k zone 1 1k zone 3 1k zone 2 1k zone 1 1k zone 3) 2k zone 1
Week 10	Easy Run 8k All in zone 1		Interval Run 9k 2k zone 1 5x (.5k zone 5b .5k zone 1) 2k zone 1		Hill Repeats Run 10K 2k zone 1 6k hill repeats 2k zone 1		Long Run 16k 2k zone 1 5k zone 2 2k zone 1 5k zone 3 2k zone 1
Week 11	Easy Run 7k All in zone 1		Interval Run 10k 2k zone 1 6x (.5k zone 5b .5k zone 1) 2k zone 1		Tempo Run 8k 2k zone 1 4k zone 4 2k zone 1		Long Run 12k 2k zone 1 8k zone 3 2k zone 1
Week 12	Easy Run 6k All in zone 1			Speed Build Run 5k 2k zone 1 1k first doing 3x (:15 building gradually each :05 to a fast pace by the end of the :15. This is not a sprint. The mental image should be "quick legs" and the effort should be "fast" not "hard" then take :45 easy the remaining distance of the kilometre is at zone 1 effort) 2k zone 1		Race Day!	