

Free Half Marathon Training Plan

Perceived Effort and Time (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 30:00 All in zone 1		Tempo Run 48:00 12:00 zone 1 23:00 zone 4 13:00 zone 1			Long Run 65:00 12:00 zone 1 40:00 zone 2 13:00 zone 1	
Week 2	Easy Run 35:00 All in zone 1		Tempo Interval Run 60:00 12:00 zone 1 4x (6:00k zone 5a 3:00 zone 3) 12:00 zone 1		Speed Build Run 35:30 12:00 zone 1 5:30 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 then take another 2:30 in zone 1) 13:00 zone 1		Long Run 78:00 12:00 zone 1 21:00 zone 2 12:00 zone 3 21:00 zone 2 12:00 zone 1
Week 3	Easy Run 40:00 All in zone 1		Tempo Run 60:00 12:00 zone 1 35:00 zone 4 13:00 zone 1		Speed Build Run 35:30 12:00 zone 1 5:30 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 then take another 2:30 in zone 1) 13:00 zone 1		Long Run 90:00 12:00 zone 1 20:00 zone 2 30:00 zone 3 15:00 zone 2 13:00 zone 1
Week 4	Easy Run 30:00 All in zone 1		Easy Run 40:00 All in zone 1			Long Run 70:00 12:00 zone 1 45:00 zone 2 13:00 zone 1	

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	M	T	W	T	F	S	S
Week 5	Easy Run 35:00 All in zone 1		Tempo Interval Run 70:00 12:00 zone 1 5x (6:00 zone 5a 3:00 zone 3) 13:00 zone 1		Hill Repeats Run 43:00 12:00 zone 1 18:00 hill repeats 13:00 zone 1		Long Run 102:00 15:00 zone 1 6x (6:00 zone 2 6:00 zone 3) 15:00 zone 1
Week 6	Easy Run 35:00 All in zone 1		Tempo Run 67:00 12:00 zone 1 42 zone 4 13:00 zone 1		Speed Build Run 35:30 12:00 zone 1 5:30 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 then take another 2:30 in zone 1) 13:00 zone 1		Long Run 110 15:00 zone 1 30:00 zone 2 20:00 zone 3 30:00 zone 2 15:00 zone 1
Week 7	Easy Run 40:00 All in zone 1		Tempo Interval Run 79:00 12:00 zone 1 6x (6:00 zone 5a 3:00 zone 3) 13:00 zone 1		Hill Repeats Run 8K 12:00 zone 1 25 hill repeats 13:00 zone 1		Long Run 120:00 25:00 zone 1 25:00 zone 2 20:00 zone 3 25:00 zone 2 25:00 zone 1
Week 8	Easy Run 30:00 All in zone 1		Interval Run 49:00 12:00 zone 1 4x (3:00 zone 5b 3:00 zone 1) 13:00 zone 1			Long Run 125:00 12:00 zone 1 100:00 zone 2 13:00 zone 1	

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	M	T	W	T	F	S	S
Week 9	Easy Run 45:00 All in zone 1		Tempo Run 75:00 12:00 zone 1 50:00 zone 4 13:00 zone 1		Hill Repeats Run 55:00 12:00 zone 1 30:00 hill repeats 13:00 zone 1		Long Run 115:00 12:00 zone 1 2x (15:00 zone 2 6:00 zone 1 6:00 zone 3 6:00 zone 2 6:00 zone 1 6:00 zone 3) 13:00 zone 1
Week 10	Easy Run 40:00 All in zone 1		Interval Run 55:00 12:00 zone 1 5x (3:00 zone 5b 3:00 zone 1) 13:00 zone 1		Hill Repeats Run 61:00 12:00 zone 1 36:00 hill repeats 13:00 zone 1		Long Run 90 minutes 12:00 zone 1 25:00 zone 2 15:00 zone 1 25:00 zone 3 13:00 zone 1
Week 11	Easy Run 35:00 All in zone 1		Interval Run 61:00 12:00 zone 1 6x (3:00 zone 5b 3:00 zone 1) 13:00 zone 1		Tempo Run 32:00 8:00 zone 1 16:00 zone 4 8:00 zone 1		Long Run 70:00 12:00 zone 1 45:00 zone 3 13:00 zone 1
Week 12	Easy Run 30:00 All in zone 1		Speed Build Run 35:30 12:00 zone 1 5:30 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 then take another 2:30 in zone 1) 13:00 zone 1			Race Day!	

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<p><u>Easy Run: Zone 1/Zone 2</u> Easy runs are just that...easy! I always like to listen to my body and easy can never be too easy. If you use target heart rate zones or specific pacing for your runs in general, an easy run would correspond to a Zone 1 effort.</p> <p>Easy runs serve as great recovery days between harder training days as well as a good way to build volume with minimal risk of injury.</p>	<p><u>Tempo Run: Zone 3/Zone 4/Zone 5a</u> Tempo runs can often be the most difficult runs we do as they are at efforts near or above race pace. Tempo runs are often in longer/bigger blocks of time or distance and can be very challenging.</p> <p>Tempo runs help teach your body what running at near race pace feels like.</p>
<p><u>Cruise Intervals: Zone 5a/Zone 5b</u> Cruise Intervals are generally at efforts a little more intense than a tempo run effort but for less time and/or distance. Each interval is followed by some easy recovery running.</p> <p>Cruise Intervals are a good exercise to push your running just beyond race effort but not for too long and with periods of rest and recovery after each interval.</p>	<p><u>Hill Run: Variable Zones</u> Hill runs are any kind of structured run that isn't flat. Sometimes the goal is to do longer hill runs at a lower intensity of effort but other times we might want to increase the effort. Hill runs can be either steady state or can be broken into intervals.</p> <p>Hill runs are great at building running specific strength and provide an opportunity to work on proper running form.</p>
<p><u>Intense Intervals: Zone 5b/Zone 5c</u> Intense Intervals are short harder efforts followed by lots of easy recovery running. These kind of intervals are great at testing speed limits by working at a hard effort that is uncomfortable and challenging.</p>	<p><u>Speed Builds: Short and quick (zones not applicable)</u> Speed Builds are short fast intervals that are over by the time they start to feel uncomfortable. This kind of work teaches your body how to run fast and free without a lot of wear and tear. These can be really fun little bursts.</p>
<p><u>Long Run: Mostly Zone 1 with some variability</u> Long runs are designed to help your body build endurance and strength. Long runs are typically easy with little or no intensity. Occasionally short intervals of greater effort are incorporated to create variety and build stamina.</p>	