

8 WEEK HALF MARATHON TRAINING PLAN



	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
WEEK 1 PLAN		3	Rest	3	Full body strength	3	Rest	7	16	Strength phase
TRAINER NOTES		recovery run	Walk/foam roll/stretch	recovery run		tempo run	Walk/foam roll/stretch	slow pace	nice work!	
WEEK 1 ACTUAL										
WEEK 2 PLAN		3	Rest	3	Full body strength	3	Rest	8.25	17.25	
TRAINER NOTES		recovery run	Walk/foam roll/stretch	recovery run		tempo run	Walk/foam roll/stretch	slow pace	keep going!	
WEEK 2 ACTUAL										
WEEK 3 PLAN		3	Rest	3	Full body strength	3	Rest	9.5	18.5	
TRAINER NOTES		recovery run	Walk/foam roll/stretch	recovery run		tempo run	Walk/foam roll/stretch	slow pace	you got this!	
WEEK 3 ACTUAL										
WEEK 4 PLAN		3	3	Rest	Hill repeats	3	Rest	5	14	
TRAINER NOTES		recovery run	tempo	Walk/foam roll/stretch	6/8 repeats w/warm up	recovery run	Walk/foam roll/stretch	slow pace	half way there!	
WEEK 4 ACTUAL										
WEEK 5 PLAN		3	3	Rest	Hill repeats	3	Rest	10.75	19.75	
TRAINER NOTES		recovery run	tempo	Walk/foam roll/stretch	6/8 repeats w/warm up	recovery run	Walk/foam roll/stretch	slow pace	stay strong!	
WEEK 5 ACTUAL										
WEEK 6 PLAN		3	3	Rest	Long intervals	3	Rest	12	21	
TRAINER NOTES		recovery run	tempo	Walk/foam roll/stretch	1/2 hard effort 2 min recovery	recovery run	Walk/foam roll/stretch	slow pace	almost there!	
WEEK 6 ACTUAL										
WEEK 7 PLAN		4	3	Rest	Long intervals	3	Rest	6	16	
TRAINER NOTES		recovery run	tempo	Walk/foam roll/stretch	1/2 hard effort 2 min recovery	recovery run	Walk/foam roll/stretch	slow pace	one more week!	
WEEK 7 ACTUAL										
WEEK 8 PLAN		4	Rest	3	Rest	Rest	Rest	13.1	20.1	Race phase
TRAINER NOTES		recovery run	Walk/foam roll/stretch	recovery run	Walk/foam roll/stretch	Walk/foam roll/stretch	Walk/foam roll/stretch	race day	congrats!	
WEEK 8 ACTUAL										

This plan is intended for experienced runners who run consistently 3-5 times per week and can comfortably complete a 10K. Please see your doctor before beginning any new exercise plan. Unless otherwise indicated, all runs should be performed at "conversational" pace. Always warm up and cool down at each workout. Use at your own risk. For a custom training plan built with your experience and abilities in mind, please contact me at www.leagendersfitness.com