

16-Week Half Marathon Training Program

5 days a week

GLOSSARY	Calculate your running performance and training Pace: https://runninglevel.com/
	<p>Easy Run = Best described as a conversational or comfortable pace run</p> <p>Aerobic Run = 30-45 seconds faster per mile than an easy pace run</p> <p>Hill Interval = 3-5% incline</p> <p>MP = Marathon Pace</p> <p>HM = Half Marathon Pace</p> <p>Warm ups and cool downs should be on the easy run side</p>

Make sure you stretch before and after the run and foam roll as often as you can to avoid injury and for quick recovery

Dynamic stretching: before you run | <https://marathonhandbook.com/15-dynamic-stretches-for-runners/>

Static stretching: after you run | <https://marathonhandbook.com/post-run-stretches/>

Foam rolling: as often as possible | <https://www.runnersworld.com/uk/health/injury/g28517456/foam-roller-exercises/>

Week #	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 21 miles	13-Feb	Rest	4 miles Easy Run	5 miles Easy Run	3 miles Aerobic Run	Rest and/or Cross-train	3 to 4 mile Easy Run	6 miles Easy Run
Week 2 26 miles	20-Feb	Rest	6 miles: 1 mile warm up 2 x 1.5 miles 10k Pace, with 3 mins jog recoveries - 1 mile cool down	5 miles Easy Run	4 miles: 1 mile warm up - 2 miles HM Pace - 1 mile cool down	Rest and/or Cross-train	3 to 4 mile Easy Run	8 miles Easy Run
Week 3 27 miles	27-Feb	Rest	6 miles: miles 1 mile warm up 4 x 1 mile at 10k Pace, with 3 mins jog recoveries - 1 mile cool down	6 miles Easy Run	4 miles Aerobic Run	Rest and/or Cross-train	3 to 4 mile Easy Run	8 miles Easy Run
Week 4 28 miles	06-Mar	Rest	6 miles: 1 mile warm up 5 x 2/3 of mile at 10k Pace, with 2-min jog recoveries - 1 mile cool down	6 miles Easy Run	5 miles: 1 mile warm up - 3 miles HM Pace - 1 mile cool down	Rest and/or Cross-train	3 to 4 mile Easy Run	8 miles: 1 mile warm up - 2 miles at 10K pace - 1 mile Easy Run - 1 mile at 10K pace - 1 mile Easy Run at MP - 1 miles at 10k pace - 1 mile cool down.
Week 5 29 miles	13-Mar	Rest	6 miles: 1 mile warm up 4 miles HM Pace - 1 mile cool down	6 miles Easy Run	5 miles Aerobic Run	Rest and/or Cross-train	3 to 4 mile Easy Run	9 miles Easy Run
Week 6 30 miles	20-Mar	Rest	6 miles: 1 mile warm up 8 x 1/4 mile up hill at 10k pace - downhill at MP - 1 mile cool down at end of session	6 miles Easy Run	6 miles: 1 mile warm up - 4 miles HM Pace - 1 mile cool down	Rest and/or Cross-train	3 to 4 mile Easy Run	9 miles: 1 mile warm up - 7 miles Aerobic Run - 1 mile cool down San Diego Half Marathon
Week 7 32 miles	27-Mar	Rest	6 miles: 1 mile warm up - 10 x 1/4 mile at 5k pace, with 3 mins jog recoveries - 1 mile cool down	7 miles Easy Run	6 miles Aerobic Run	Rest and/or Cross-train	3 to 4 mile Easy Run	10 miles Easy Run
Week 8 33 miles	03-Apr	Rest	5 miles: 1 mile warm up - 12 x 200 yard at 5k pace , with 1-min jog recoveries - 1 mile cool down	7 miles Easy Run	8 miles: 1 mile warm up - 3 miles at HM Pace - 1 mile easy run - 1 miles at HM Pace - 1 mile easy run - 1 mile at 10k Pace - 1 mile cool down	Rest and/or Cross-train	3 to 4 mile Easy Run	10 miles: 1 mile warm up - 8 Aerobic run - 1 mile cool down
Week 9 36 miles	10-Apr	Rest	6 miles: 1 mile warm up - 10 x 1/4 mile up hill at 10k pace - downhill at MP - 1 mile cool down at end of session	7 miles Easy Run	8 miles Aerobic Run	Rest and/or Cross-train	3 to 4 mile Easy Run	12 miles Easy Run
Week 10 37 miles	17-Apr	Rest	7 miles: 1 mile warm up 3 x 1.5 miles at 10k Pace, with 1/4 mile jog recoveries - 1 mile cool down	7 miles Easy Run	8 Miles: 1 mile warm up 3 miles at HM Pace - 1 mile cool down	Rest and/or Cross-train	3 to 4 mile Easy Run	12 miles: 1 mile warm up - 10 Aerobic run - 1 mile cool down
Week 11 39 miles	24-Apr	Rest	7 miles: 1 mile warm up 5 miles at HM pace - 1 mile cool down	7 miles Easy Run	8 miles Aerobic Run	Rest and/or Cross-train	3 to 4 mile Easy Run	14 miles Easy Run
Week 12 40 miles	01-May	Rest	8 miles: 1 mile warm up - 5 x 1 miles 10k Pace with 1 min jog recoveries - 1 mile cool down	7 miles Easy Run	8 miles: 1 mile warm up 6 miles HM Pace - 1 mile cool down	Rest and/or Cross-train	3 to 4 mile Easy Run	14 miles: 1 mile warm up - 8 miles Aerobic run - 4 miles at MP - 1 mile cool down
Week 13 41 miles	08-May	Rest	7 miles: 1 mile warm up - 10 x 2 mins up hill at 10k pace - downhill at MP - 1 mile cool down at end of session.	8 miles Easy Run	8 miles: 1 mile warm up - 3 miles at HM Pace - 1 mile Aerobic - 2 miles at HM Pace - 1 mile cool down	Rest and/or Cross-train	3 to 4 mile Easy Run	15 miles Easy Run
Week 14 35 miles	15-May	Rest	7 miles: 1 mile warm up 6 x 1/2 mile at 10k Pace, with 1-min jog recoveries - 1 mile cool down	7 miles Easy Run	8 miles Aerobic Run	Rest and/or Cross-train	3 to 4 mile Easy Run	10 miles Easy Run
Week 15 26 miles	22-May	Rest	5 miles: 1 mile warm up - 10 x 1/4 mile at 10k Pace, with 30 sec jog recoveries - 1 mile cool down	5 miles Easy Run	5 miles: 1 mile warm up 3 miles HM Pace - 1 mile cool down	Rest	3 to 4 mile Easy Run	8 miles Aerobic Run
Week 16 23 miles	29-May	Rest	5 miles: 1 mile warm up 8 x 1/4 mile at 10k Pace, with 1 min jog recoveries - 1 mile cool down	3 miles Easy Run	Rest	Rest	2 to 3 mile Easy Run	13.1 Rock 'n Roll Marathon