

# 6 Week Half Marathon Training Plan

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Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	SPEED	CROSS-TRAIN	SPEED, TEMPO, OR HILLS	CROSS-TRAIN	LONG RUN	EASY RUN	
1	<b>Intervals:</b> Warm up – 10-15 min. easy  8 x ¼ mile at 1mile pace (¼ mile easy in between)  Cool down – 10-15 min. easy  <b>Weight Training:</b> Full Body - 20-30 minutes	<b>Cross-Train:</b> 45-60 min. of choice (cycle, stairs, elliptical, swim)  <b>Weight Training:</b> Full Body – 20-30 minutes	<b>Tempo Run:</b> Warm up – 15-20 min. easy  Run 25 minutes at 10K pace or little slower  Cool down – 10-15 minutes  <b>Abs &amp; Core:</b> 15 – 20 minutes	<b>Cross-Train:</b> 45-60 min. of choice (cycle, stairs, elliptical, swim)  <b>Weight Training:</b> Full Body - 20-30 minutes	<b>Long Run:</b> 10 miles  Optional - <b>Abs &amp; Core:</b> 15-20 minutes	<b>Easy/Recovery Run:</b> 40-50 minutes easy (5-6 miles)  <b>Weight Training:</b> Full Body - 20-30 minutes	REST
2	<b>Intervals:</b> Warm up – 10-15 min. easy  10 x ¼ mile at 1mile pace (1/4 mile easy in between)  Cool down – 10-15 min. easy  <b>Weight Training:</b> Full Body – 20-30 minutes	Same as above	<b>Tempo Run:</b> Warm up -10-15 min. easy  <b>Run at increasing speeds:</b> 10 min at Race Pace 5 min at 10 sec faster 5 min at 5-10 sec faster than previous 5 min at 5-10 sec faster than previous  Cool down – 10-15 min easy  <b>Abs &amp; Core:</b> 15-20 min	Same as above	12 miles  Optional <b>abs &amp; core</b>	45 to 60 minutes easy (5-7 miles)  <b>Weight Training:</b> Full Body – 20-30 minutes	REST

3	<p><b>Increasing Speed Intervals:</b> Warm up – 10-15 min. easy</p> <p><b>Instructions:</b> Split each mile roughly into thirds. Run each 1/3 at increasing paces for e.g.: First 1/3 @ 7.3 miles/hr (8:13 m/m) Second 1/3 @ 8.3 miles/hr (7:13 m/m) Last 1/3 @ 9.3 miles/hr (6:27 m/m)</p> <p>In subsequent miles, add 0.1 mile per hour to each pace</p> <p>Run total of 5-6 miles</p> <p>Cool down – 10-15 min.</p> <p><b>Weight Training:</b> Full Body – 20 to 30 minutes</p>	Same as above	<p><b>Fartleks:</b> Run medium/ easy run overall for 1 hour to 1 hour and 20 minutes and add 5 - 6 faster running spurts throughout the run.</p> <p>Target lamp posts or other landmarks for faster spurts. Alternatively use time, e.g 1-3 minutes for faster spurts.</p> <p>Be sure to warm up and cool down as part of the run.</p> <p><b>Abs &amp; Core:</b> 15 - 20 minutes</p>	Same as above	<p>14 miles</p> <p>Optional <b>abs &amp; core</b></p>	<p>50-60 minutes easy (6-7 miles)</p> <p><b>Weight Training:</b> Full Body – 20-30 minutes</p>	REST
4	<p><b>Intervals:</b> Warm up – 10-15 min. easy</p> <p>6 x ½ miles at 5k pace (1/4 mile at easy pace in between)</p> <p>Cool down – 10-15 minutes</p>	Same as above	<p><b>Hills on Treadmill:</b> Increasing inclines at steady pace (15-20 seconds slower than race pace)</p> <p><b>Instructions:</b>  Run 1 minute each at <b>4% / 5% /6% incline</b> Run slow for 2 min</p>	Same as above	<p>12 miles</p> <p>Optional <b>abs &amp; core</b></p>	<p>40-60 minutes easy (5-7 miles)</p> <p><b>Weight Training:</b> Full Body – 20-30 minutes</p>	REST

	<b>Weight Training:</b> Full body – 20-30 minutes		1 minute each at <b>5% / 6% / 7% incline</b> Run slow for 2 min  1 minute each at <b>6% / 7% / 8% incline</b> Run slow for 2 min  1 minute each at <b>7% / 6% / 5% incline</b> Run slow for 2 min  1 minute each at <b>6% / 5% / 4% incline</b> Run slow for 2 min  1 minute each at <b>5% / 4% / 3% incline</b> Run slow for 2 min  <b>Cool down</b> – 10-15 minutes  <b>Weight Training:</b> Full Body - 20-30 minutes  <b>Abs &amp; Core:</b> 15-20 min				
5	<b>Intervals:</b> Warm up – 10-15 min easy  6 x ½ mile at 5K pace (1/4 mile easy in between)  Cool down – 10-15 minutes  <b>Weight Training:</b> Full Body – 20-30 minutes	Same As above	<b>Tempo Run:</b> Warm up – 10-15 min easy  Run 30 min at 10K pace  Cool down – 10-15 minutes  <b>Abs &amp; Core:</b> 15-20 minutes	Same as above	10 miles, with last 2-3 miles at half-marathon pace  Optional <b>abs &amp; core</b>	30-50 minutes (4-6 miles)  <b>Weight Training:</b> Full Body – 20-30 minutes	REST

6	<p><b>Tempo Run:</b> Warm up: 10-15 min easy</p> <p>Run 20 minutes at 10K pace</p> <p>Cool down - 10 min easy</p> <p><b>Weight Training:</b> Full Body – 20 minutes light weights</p>	<p><b>Cross-train:</b> 30-45 min easy of choice (cycle, stairs, elliptical, swim)</p> <p><b>Weight Training:</b> Upper Body and Core - 20 minutes light weights</p>	<p><b>Intervals:</b> Warm up: 10-15 min. easy</p> <p>Decreasing short, increasing pace intervals:</p> <p>1 x 1200 meters at 10k pace Jog 3 min 1 x 800 meters at 5k pace Jog 2:30 min 1 x 400 meters at less than 1 mile race pace</p> <p>Cool down – 10 minutes</p> <p><b>Abs &amp; Core:</b> 15-20 min</p>	<p><b>Cross-train:</b> 30 min easy of choice (cycle, stairs, elliptical, swim)</p> <p><b>OR</b></p> <p><b>REST</b></p>	<p>Run 3 miles Easy <b>PLUS</b> 5 min at end at 5k pace</p>	<p>REST</p>	<p><b>HALF MARATHON RACE</b></p>
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