



10 WEEK TRAINING PLAN

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build 10 weeks out	Rest day/ stretch/ foam roller	6 miles- 2 miles @ easy WU 2 x (800 @ HMP + 400 @ easy pace) 2 x (800 @ 10K pace + 400 @ easy pace) 1 mile @ easy CD	30 mins @ easy pace Strength/crosstraining and/or Core work	5 miles @ MP/ aerobic	strength/ crosstraining or take an extra rest day	30 mins- 10 mins @ Easy pace + 20 mins @ MP on slightly rolling hills	10 miles- 3 miles @ easy WU 2 x (2 miles @ MP + 1 mile @ easy pace) 1 mile @ easy CD
Easy week 9 weeks out	Rest day/ stretch/ foam roller	5 miles- 2 miles @ easy WU 4x (400 repeat uphill @ HMP pace + 400 easy back downhill + 1 min rest) 1 mile @ easy CD	30 mins @ easy pace + Strength/crosstraining /Core work or optional rest day	4 miles- 1 @ easy pace 2 @ HMP 1 @ MP	strength/ crosstraining or take an extra rest day	30 mins- 20 mins @ Easy pace + 10 mins @ MP	8 miles- @ easy pace on rolling hills- Settle in and focus on a low HR, eating and drinking
Build 8 weeks out	Rest day/ stretch/ foam roller	6 miles- 2 miles @ easy WU 3 x (1 mile @ 10K pace + 1 min walk) 1 mile @ easy CD	45 mins @ easy pace Strength/crosstraining and/or Core work	4 miles @ MP/ aerobic	strength/ crosstraining or take an extra rest day	30 mins- 10 mins @ Easy pace + 4x: (3 mins @ HMP + 1 min @ 10K pace + 1 min walk or very easy) on slightly rolling hills.	12 miles- 3 miles @ easy WU + 2 miles @ MP + 6 x (0.5 @ MP + 0.3 @ HMP + 0.2 @ 10K pace) + 1 mile @ easy CD
Build 7 weeks out	Rest day/ stretch/ foam roller	6 miles 2 miles @ easy WU 6x (400 repeat uphill @ 10K pace + 400 easy back downhill + 1 min rest) 1 mile @ easy CD	30 mins @ easy pace Strength/crosstraining and/or Core work	5 miles @ MP/ aerobic	strength/ crosstraining or take an extra rest day	USAG-HI Half Marathon Race- Goal is an even or negative split	13 miles if you did not race yesterday. If you did, run 30 mins @ easy pace today
Strong weekend. 6 weeks out	Rest day/ stretch/ foam roller	6 miles- 2 mile @ easy WU 3 x (1 mile @ 10K pace + 1 min walk) 1 mile @ easy CD	45 mins @ easy pace Strength/crosstraining and/or Core work	5 miles @ MP/ aerobic	strength/ crosstraining or take an extra rest day	45 mins- 10 mins @ Easy pace + 10 mins @ MP + 20 mins @ HMP on slightly rolling hills + 5 mins @ easy CD	12 miles- 2 @ easy WU 3 @ MP 6 @ (.75 @ HMP + .25 @ MP) 1 @ easy CD
Easy week 5 weeks out	Rest day/ stretch/ foam roller	6 miles- 1 @ easy WU 2 x (800 repeat uphill @ MP + easy 800 back downhill + 1 min recovery) 4 x (400 @ HMP pace + easy 400 back downhill + 1 min recovery) 1 @ easy CD	30 mins @ easy pace + Strength/crosstraining /Core work or optional rest day	5 miles @ MP/ aerobic	strength/ crosstraining or take an extra rest day	6 miles- 2 miles @ Easy pace + 2 miles @ MP + 1 mile @ HMP + 1 mile @ easy CD	8 miles- @ easy pace Settle in and focus on a low HR, eating and drinking
Build week 4 weeks out	Rest day/ stretch/ foam roller	5 miles- 1.5 miles @ easy WU 2 x (1 mile @ HMP + 400 @ 10K pace + 1 min @ walk) 1 mile @ easy CD	40 mins @ easy pace Strength/crosstraining and/or Core work	6 miles- 1 @ easy WU 1 @ HMP + 15s/mile 2 @ HMP 1 @ HMP - 15s/mile 1 @ easy CD	strength/ crosstraining or take an extra rest day	30 mins- 20 mins @ Easy pace + 10 mins @ marathon pace on slightly rolling hills.	12 miles @ easy pace
Strong. Race simulation weekend 3 weeks out	Rest day/ stretch/ foam roller	6 miles- 1 miles @ easy pace 4 x (800 repeats uphill @ HMP + easy 800 back downhill) 1 @ easy CD	45 mins @ easy pace Strength/crosstraining and/or Core work	5 miles @ MP/ aerobic	strength/ crosstraining or take an extra rest day	40 mins- 10 mins @ Easy pace + 25 mins @ HMP tempo on slightly rolling hills + 5 mins @ easy CD.	12 miles- on rolling hills 4 @ easy WU 4 @ marathon 4 @ HMP
Final Week before decreasing duration 2 weeks out	Rest day/ stretch/ foam roller	5 miles- 1.5 miles @ easy WU 2 x (1 mile @ 10K + 400 @ 5K pace + 1 min @ walk) 1 mile @ easy CD	45 mins @ easy pace Strength/crosstraining and/or Core work	6 miles @ MP/ aerobic	strength/ crosstraining or take an extra rest day	30 mins- 10 mins @ Easy pace 20 mins @ marathon pace on slightly rolling hills.	10 miles- 2 mile @ easy WU 7 miles @ tempo 1 mile @ easy CD
Pre-Race Taper. Intensity remains, duration lowers 1 week out	Rest day/ stretch/ foam roller	5 miles- 1 mile @ easy pace 5 x (1K @ 10K pace + 1 min @ walk) 1 mile @ easy CD	30 mins @ easy pace Skip the crosstraining this week. Focus on foam rolling and stretching	6 miles- 1 @ easy WU 2x (1 @ HMP + 1 @ easy pace) 1 @ easy CD	Rest Day	30 mins- 5 mins @ easy WU 4x: (3 mins @ MP + 1 min @ tempo + 1 min walk) 5 mins @ easy CD Hydrate and try not to run when it's too hot	7 miles- 2 miles WU @ easy 3 x (0.5 @ tempo + 0.5 @ easy) 2 miles CD @ easy Hydrate and try not to run when it's too hot
Race Week. Travel, stay healthy, short and sweet runs	Rest day/ stretch/ foam roller	5 miles- 2 @ easy 2 x (400 @ HMP + 1 min @ easy pace) 2 x (400 @ 10K pace + 2 mins @ easy pace) + 1.5 @ easy CD	3 miles @ easy pace	4 miles- 2 @ easy 1 @ Marathon 1 @ easy	Rest Day	30 mins 10 mins easy WU 6 x (45s pickups to threshold + 45s @ easy) 10 mins @ easy CD	RACE DAY!

