

# Mizuno Run Club



## HALF MARATHON SCHEDULE: 1:30 to 1:45

Use this schedule if running 28-36km (18-23 miles) per week by week 1.

Date	WEEK	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.	TOTAL	NOTES:		
	Phase	Rest/EZ	Dist.	Intensity	Rest/X-T	Easy	Moderate	Rest/X-T	Long			
	1	Endurance Building	OFF	6	Tempo	OFF or XT	6	3	OFF or XT	8	23	Miles
				10	Run		10	5		13	37	Kilometers
	2	Endurance Building	OFF	7	Tempo	OFF or XT	6	3	OFF or XT	9	25	M
				11	Run		10	5		14	40	K
	3	Endurance Building	3	5	Tempo	OFF or XT	7	3	OFF or XT	10	28	M
				8	Run		11	5		16	45	K
	4	Endurance Building	OFF	6	Tempo	OFF or XT	7	3	OFF or XT	10	26	M
				10	Run		11	5		16	42	K
	5	Endurance Building	3	5	Tempo	OFF or XT	8	3	OFF or XT	8	27	M
				8	Run		13	5		13	43	K
	6	Endurance Building	OFF	7	Tempo	OFF or XT	6	3	OFF or XT	10	26	M
				11	Run		10	5		16	42	K
	7	Strength Building	3	6		OFF or XT	8	3	OFF or XT	11	31	M
				10	7R HILLS		13	5		18	50	K
	8	Strength Building	OFF	7		OFF or XT	9	3	OFF or XT	8	27	M
				11	8R HILLS		14	5		13	43	K
	9	Strength Building	3	7		OFF or XT	7	3	OFF or XT	11	31	M
				11	9R HILLS		11	5		18	50	K
	10	Strength Building	OFF	7		OFF or XT	6	3	OFF or XT	11	27	M
				11	10R HILLS		10	5		17	43	K
	11	Speed Building	3	6		OFF or XT	5	3	OFF or XT	13	30	M
				10	Fartlk 8x2min		8	5		21	48	K
	12	Speed Building	OFF	6		OFF or XT	8	3	OFF or XT	9	26	M
				10	Intrvl 4x1km		13	5		14	42	K
	13	Speed Building	3	6		OFF or XT	7	3	OFF or XT	13	32	M
				10	Fartlk 8x3min		11	5		21	52	K
	14	Speed Building	OFF	7		OFF or XT	8	3	OFF or XT	11	29	M
				11	Intervl 5x1km		13	5		18	47	K
	15	Speed Building	3	7		OFF or XT	9	3	OFF or XT	14	36	M
				11	Intrvl 9x800		14	5		23	58	K
	16	Speed & Taper	OFF	6		OFF or XT	10	3	OFF or XT	9	28	M
				10	Intrvl 9x400		16	5		14	45	K
	17	Taper	OFF	6	Race Pace	OFF or XT	5	OFF	OFF	13	24	M
				10			8			21	39	K

For Tues. Intensity workouts

A Tempo Runs: do 2km or more easy warmup, then (the km # above) at a little slower than 10K race pace, then 2k cool down  
 B Hills: 1-2k warm-up then the R# above in 45-50 second surges uphill... rest by jogging down/ do 1k cool down  
 C Speed/Fartlek Runs: 8x2s = Warmup then 8 repeats of 2min. surges on flat terrain/jog recovery/cool down  
 D Interval Runs: do Warm-up then whatever distance & no. of repeats at 5-6min/km, with a 2min rest (walk or jog) in between

If you prefer to run on days other than above, just copy and paste columns as preferred.

Times below are ranges - you may run comfortably anywhere within a range for each type of run - try different ones to learn yours.

**Moderate Pace = 4:30-5:10/km**      **Long Run = 4:50-5:40 min/km**

**RACE DAY PACE: 4:15-5:00 min/km = 1:30 to 1:45 Half Marathon finish**

**Notes:**