

Mizuno Run Club



HALF MARATHON SCHEDULE: 1:45 to 2 hrs

Use this schedule if running 22-30km (13-18 miles) per week by week 1.

Date	WEEK	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.	TOTAL	NOTES:	
	Phase	Rest	Dist.	Intensity	Rest/X-T	Rest/EZ	Moderate	Rest/X-T	Long		
1	Endurance Building	OFF	5	Tempo	OFF or XT	OFF	5	OFF or XT	8	18	Miles
			8	Run					13	29	Kilometers
2	Endurance Building	OFF	6	Tempo	OFF or XT	OFF	5	OFF or XT	9	20	M
			10	Run					14	32	K
3	Endurance Building	OFF	4	Tempo	OFF or XT	3	6	OFF or XT	10	23	M
			6	Run					16	37	K
4	Endurance Building	OFF	6	Tempo	OFF or XT	3	6	OFF or XT	9	24	M
			10	Run					14	39	K
5	Endurance Building	OFF	4	Tempo	OFF or XT	3	7	OFF or XT	10	24	M
			6	Run					16	39	K
6	Endurance Building	OFF	6	Tempo	OFF or XT	3	5	OFF or XT	11	25	M
			10	Run					17	40	K
7	Strength Building	OFF	5	5R HILLS	OFF or XT	3	7	OFF or XT	10	25	M
			8						8	18	42
8	Strength Building	OFF	5	6R HILLS	OFF or XT	3	8	OFF or XT	10	26	M
			8						8	16	42
9	Strength Building	OFF	6	7R HILLS	OFF or XT	3	6	OFF or XT	11	26	M
			10						10	18	42
10	Strength Building	OFF	6	8R HILLS	OFF or XT	3	5	OFF or XT	11	25	M
			10						10	17	40
11	Speed Building	OFF	5	Fartlk 8x2min	OFF or XT	3	4	OFF or XT	12	24	M
			8						8	19	39
12	Speed Building	OFF	5	Intrvl 3x1km	OFF or XT	3	7	OFF or XT	13	28	M
			8						8	21	45
13	Speed Building	OFF	6	Fartlk 6x3min	OFF or XT	3	6	OFF or XT	13	28	M
			10						10	21	45
14	Speed Building	OFF	6	Intervl 4x1km	OFF or XT	3	7	OFF or XT	11	27	M
			10						10	17	43
15	Speed Building	OFF	6	Intrvl 6x800	OFF or XT	3	8	OFF or XT	12	29	M
			10						10	20	47
16	Speed & Taper	OFF	5	Intrvl 9x400	OFF or XT	OFF	9	OFF or XT	9	23	M
			8						8	14	37
17	Taper	OFF	5	Race Pace	OFF or XT	OFF	5	OFF	13	23	M
			8						8	21	37

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 = 5:10-5:50 min/km (= 8:15-9:20 min/mile) Long Run = 5:50-6:30 min/km (= 9:20-10:30 min/mile)

RACE PACE: 5:00-5:45 min/km (8:00-9:10 min/mile) = 1:45 to 2hr Half Marathon finish

Notes:	

Courtesy of Toronto Women's Run Series