Mizuno Run Club

HALF MARATHON SCHEDULE: 2 hrs to 2:15

Use this schedule if running 10-19 km (6-12 mi) per week by week 1.

WEEK MON. TUE.		JE.	WED.	THU.	FRI.	SAT.	SUN.	TOTAL		
Phase	Rest	Dist.	Intensity	Rest/X-T	Rest/EZ	Moderate	Rest/X-T	Long		NOTES:
Endurance	OFF	3	Tempo	OFF	OFF	4	OFF	5	12 Mi	es
Building		5	Run	or XT		6	or XT	8	19 Kil	ometers
Endurance	OFF	3	Tempo	OFF	OFF	4	OFF	6	13 M	
Building		5	Run	or XT		6	or XT	10		
Endurance	OFF	4	Tempo	OFF	OFF	5	OFF	7		
Building		6	Run	or XT		8	or XT	11		
Endurance	OFF	4	Tempo	OFF	OFF	5	OFF	8		
		6	Run	or XT			or XT			
Endurance	OFF	5	Tempo		OFF		OFF			
Building		8	Run				or XT			
Endurance	OFF		Tempo							
J		8	Run				or XT			
	OFF	4		OFF			OFF			
Building		6	5R HILLS	or XT		10	or XT			
Strength	OFF	4		OFF	3	7	OFF	7		
0		6	6R HILLS	or XT	5		or XT			
Strength	OFF	5								
Building		8	7R HILLS		5	8	or XT	16		
		5		OFF	3	4	OFF	10		
		8	8R HILLS	or XT			or XT			
	OFF	4			3		OFF			
		6	Fartlk 6x2min		5		or XT			
Speed	OFF	5		OFF	3	6	OFF			
		8	Intrvl 3x800m	or XT	5	10	or XT			
Speed	OFF	5		OFF	3	5	OFF			
Building		8	Fartlk 6x3min	or XT	5	8	or XT	18		
Speed	OFF	5		OFF	3	6	OFF	11		
Building		8	Intervl 3x1km	or XT	5	10	or XT	17		
Speed	OFF	5		OFF	3	7	OFF	12		
Building		8	Intrvl 5x800	or XT	5	11	or XT	19		
Speed	OFF	5		OFF	OFF	8	OFF	8		
& Taper		8	Intrvl 6x400	or XT		13	or XT	13		
Taper	OFF	4	Race Pace	OFF	OFF	4	OFF	13		
		6		or XT		6		21	34 K	RACE DAY
	Endurance Building Strength Building Strength Building Strength Building Strength Building Speed Building Speed Building Speed Building Speed Building	Endurance Building Strength Building Strength Building Strength Building Strength Building Strength Building Strength Building Speed Building Speed Building Speed Speed Building Speed Building Speed Building Speed Speed Building Speed Building Speed Building Speed Speed Building	Endurance Building Endurance Bui	Endurance Building OFF 3 Run Endurance Building OFF 3 Tempo Run Endurance Building OFF 4 Tempo Run Endurance Building OFF 4 Tempo Run Endurance Building OFF 5 Tempo Run Strength Building OFF 4 Run Strength Building OFF 5 RullLS Strength Building OFF 5 RullLS Strength Building OFF 5 RullLS Speed OFF 5 Building A Ratll Roxamin Speed OFF 5 Building Building Speed OFF 5 Rull Building Speed OFF 5 Rull Building Speed OFF 5 Rull Building S	PhaseRestDist.IntensityRest/X-TEndurance BuildingOFF Sullding3 SunTempo OFF RunOFF OFF SunOFF OFF OFF SunEndurance BuildingOFF O	Phase Rest Dist. Intensity Rest/X-T Rest/EZ Endurance Building OFF 3 Tempo or XT OFF Endurance Building OFF 3 Tempo or XT OFF Endurance Building OFF 4 Tempo or XT OFF Endurance Building OFF 4 Tempo or XT OFF Endurance Building OFF 5 Tempo or XT OFF 3 Strength OFF 5 Tempo or XT OFF 3 Strength OFF 4 OFF 3 Strength OFF 5 OFF 3 Building 8 7R HILLS Or XT 5 <t< td=""><td>Phase Rest Dist. Intensity Rest/X-T Rest/EZ Moderate Endurance Building OFF 3 Tempo OFF OFF 4 4 Endurance Building OFF 3 Tempo OFF OFF OFF OFF 4 Endurance Building OFF 4 Tempo OFF OFF OFF OFF 5 Endurance Building OFF 4 Tempo OFF OFF OFF OFF 5 Endurance Building OFF 5 Tempo OFF OFF OFF OFF 6 Building Building</td><td>Phase Rest Dist. Intensity Rest/X-T Rest/EZ Moderate Rest/X-T Endurance Building OFF 3 Tempo or XT OFF 4 OFF or XT Endurance Building OFF 3 Tempo or XT OFF 4 OFF or XT Endurance Building OFF 4 Tempo or XT OFF OFF 5 OFF or XT Endurance Building OFF 4 Tempo or XT OFF 5 OFF OFF 5 OFF <t< td=""><td>Phase Rest Dist. Intensity Rest/X-T Rest/EZ Moderate Rest/X-T Long Endurance Building OFF 3 Tempo OFF OFF OFF 4 OFF OFF OFF 4 OFF OFF OFF 5 Run Or XT 8 OFF OFF OFF 4 OFF OFF OFF 6 Or XT 10 OFF OFF OFF 6 Or XT OFF OFF 10 OFF OFF OFF 6 Or XT OFF OFF OFF 10 OFF OFF OFF OFF OFF OFF 6 OFF OFF OFF OFF OFF OFF OFF OFF OFF OFF</td><td> Phase</td></t<></td></t<>	Phase Rest Dist. Intensity Rest/X-T Rest/EZ Moderate Endurance Building OFF 3 Tempo OFF OFF 4 4 Endurance Building OFF 3 Tempo OFF OFF OFF OFF 4 Endurance Building OFF 4 Tempo OFF OFF OFF OFF 5 Endurance Building OFF 4 Tempo OFF OFF OFF OFF 5 Endurance Building OFF 5 Tempo OFF OFF OFF OFF 6 Building Building	Phase Rest Dist. Intensity Rest/X-T Rest/EZ Moderate Rest/X-T Endurance Building OFF 3 Tempo or XT OFF 4 OFF or XT Endurance Building OFF 3 Tempo or XT OFF 4 OFF or XT Endurance Building OFF 4 Tempo or XT OFF OFF 5 OFF or XT Endurance Building OFF 4 Tempo or XT OFF 5 OFF OFF 5 OFF OFF <t< td=""><td>Phase Rest Dist. Intensity Rest/X-T Rest/EZ Moderate Rest/X-T Long Endurance Building OFF 3 Tempo OFF OFF OFF 4 OFF OFF OFF 4 OFF OFF OFF 5 Run Or XT 8 OFF OFF OFF 4 OFF OFF OFF 6 Or XT 10 OFF OFF OFF 6 Or XT OFF OFF 10 OFF OFF OFF 6 Or XT OFF OFF OFF 10 OFF OFF OFF OFF OFF OFF 6 OFF OFF OFF OFF OFF OFF OFF OFF OFF OFF</td><td> Phase</td></t<>	Phase Rest Dist. Intensity Rest/X-T Rest/EZ Moderate Rest/X-T Long Endurance Building OFF 3 Tempo OFF OFF OFF 4 OFF OFF OFF 4 OFF OFF OFF 5 Run Or XT 8 OFF OFF OFF 4 OFF OFF OFF 6 Or XT 10 OFF OFF OFF 6 Or XT OFF OFF 10 OFF OFF OFF 6 Or XT OFF OFF OFF 10 OFF OFF OFF OFF OFF OFF 6 OFF	Phase

RUN/WALK approach...alternate jogging (slow running) for 2 or 3 minutes then walking for 1... Repeat for entire time or distance of run. Each week as this becomes more comfortable, add 1-2 minutes to the run segments while maintaining the walk break at 1 min. Continue the Run/Walk for Long Runs, but see if you can run continuously for short runs to build your endurance.

For Tues. 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 Intensity B Hills: 1-2k warm-up then the R# above in 45-50 second surges uphill... rest by jogging down/ do 1k cool down workouts

C Speed/Fartlek Runs: do 1-2k warmup then the # of surges above for # of min. - done 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

Note: 'XT' = Crosstraining (biking, Elliptical, aerobics, XC skiing etc)...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. Long Run = 6:30-7:20 min/km (= 10:30-11:45 min/mile)

Moderate = 5:50-6:30 min/km (= 9:25-10:30 min/mile) RACE PACE: 5:45-6:30 min/km (9:10-10:20 min/mile) = 2hr to 2:15 Half Marathon finish

Notes:	
•	
	RUJACLUS
Courtesy of Toronto Women's Run Series	RUIXTELUS