

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.

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	3 5	Tempo Run	OFF or XT	OFF	4 6	OFF or XT	5 8	12 19	Miles Kilometers
	2	Endurance Building	OFF	3 5	Tempo Run	OFF or XT	OFF	4 6	OFF or XT	6 10	13 21	M K
	3	Endurance Building	OFF	4 6	Tempo Run	OFF or XT	OFF	5 8	OFF or XT	7 11	16 26	M K
	4	Endurance Building	OFF	4 6	Tempo Run	OFF or XT	OFF	5 8	OFF or XT	8 13	17 27	M K
	5	Endurance Building	OFF	5 8	Tempo Run	OFF or XT	OFF	6 10	OFF or XT	6 10	17 27	M K
	6	Endurance Building	OFF	5 8	Tempo Run	OFF or XT	3 5	4 6	OFF or XT	7 12	19 31	M K
	7	Strength Building	OFF	4 6	5R HILLS	OFF or XT	3 5	6 10	OFF or XT	8 13	21 34	M K
	8	Strength Building	OFF	4 6	6R HILLS	OFF or XT	3 5	7 11	OFF or XT	7 12	21 35	M K
	9	Strength Building	OFF	5 8	7R HILLS	OFF or XT	3 5	5 8	OFF or XT	10 16	23 37	M K
	10	Strength Building	OFF	5 8	8R HILLS	OFF or XT	3 5	4 6	OFF or XT	10 14	22 33	M K
	11	Speed Building	OFF	4 6	Fartlk 6x2min	OFF or XT	3 5	3 5	OFF or XT	11 18	21 34	M K
	12	Speed Building	OFF	5 8	Intrvl 3x800m	OFF or XT	3 5	6 10	OFF or XT	9 14	23 37	M K
	13	Speed Building	OFF	5 8	Fartlk 6x3min	OFF or XT	3 5	5 8	OFF or XT	11 18	24 39	M K
	14	Speed Building	OFF	5 8	Intrvl 3x1km	OFF or XT	3 5	6 10	OFF or XT	11 17	25 40	M K
	15	Speed Building	OFF	5 8	Intrvl 5x800	OFF or XT	3 5	7 11	OFF or XT	12 19	27 43	M K
	16	Speed & Taper	OFF	5 8	Intrvl 6x400	OFF or XT	OFF	8 13	OFF or XT	8 13	21 34	M K
	17	Taper	OFF	4 6	Race Pace	OFF or XT	OFF	4 6	OFF	13 21	21 34	M K RACE DAY

If a new or very novice runner, it might be helpful to use the Run/Walk approach, at least to get started; maybe even use it for long runs.

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. 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: 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.

Moderate = 5:50-6:30 min/km (= 9:25-10:30 min/mile)

Long Run = 6:30-7:20 min/km (= 10:30-11:45 min/mile)

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

Notes:



Courtesy of Toronto Women's Run Series