

# Mizuno Run Club



## HALF MARATHON SCHEDULE: 2 hrs to 2:15

Use this schedule if running 13-20 km/wk (8-12 mi/wk) per week by week 1.

Date	WEEK	MON.	TUE.		WED.	THU.	FRI.	SAT.	SUN.	TOTAL	NOTES:
	Phase	Rest/EZ	Dist.	Intensity	Rest/X-T	Moderate	Rest	Rest/X-T	Long		
1	Endurance Building	OFF	2	Tempo	OFF or XT	3	OFF	OFF or XT	4	9	Miles
			3	Run		5			6	14	Kilometers
2	Endurance Building	OFF	3	Tempo	OFF or XT	3	OFF	OFF or XT	5	11	M
			5	Run		5			8	18	K
3	Endurance Building	OFF	3	Tempo	OFF or XT	4	OFF	OFF or XT	6	13	M
			5	Run		6			10	21	K
4	Endurance Building	OFF	3	Tempo	OFF or XT	4	OFF	OFF or XT	4	11	M
			5	Run		6			6	18	K
5	Endurance Building	OFF	3	Tempo	OFF or XT	3	OFF	OFF or XT	6	12	M
			5	Run		5			10	19	K
6	Endurance Building	OFF	4	Tempo	OFF or XT	4	OFF	OFF or XT	7	15	M
			6	Run		6			11	24	K
7	Endurance Building	OFF	3	Tempo	OFF or XT	5	OFF	OFF or XT	6	14	M
			5	Run		8			10	23	K
8	Endurance Building	OFF	4	Tempo	OFF or XT	5	OFF	OFF or XT	7	16	M
			6	Run		8			11	26	K
9	Endurance Building	OFF	3	Tempo	OFF or XT	5	OFF	OFF or XT	8	16	M
			5	Run		8			13	26	K
10	Endurance Building	3	4	Tempo	OFF or XT	4	OFF	OFF or XT	6	17	M
			5	Run		6			10	27	K
11	Endurance Building	3	4	Tempo	OFF or XT	5	OFF	OFF or XT	8	20	M
			5	Run		8			13	32	K
12	Endurance Building	3	4	Tempo	OFF or XT	6	OFF	OFF or XT	6	19	M
			5	Run		10			10	31	K
13	Endurance Building	3	6	Tempo	OFF or XT	4	OFF	OFF or XT	9	22	M
			5	Run		6			14	35	K
14	Strength Building	3	4	5R HILLS	OFF or XT	6	OFF	OFF or XT	7	20	M
			5			6			10	12	33
15	Strength Building	3	4	6R HILLS	OFF or XT	7	OFF	OFF or XT	9	23	M
			5			6			11	14	37
16	Strength Building	3	5	7R HILLS	OFF or XT	5	OFF	OFF or XT	10	23	M
			5			8			8	16	37
17	Strength Building	3	5	8R HILLS	OFF or XT	6	OFF	OFF or XT	8	22	M
			5			8			10	13	35
18	Speed Building	3	4	Fartlk 6x2min	OFF or XT	7	OFF	OFF or XT	11	25	M
			5			6			11	17	40
19	Speed Building	3	5	Intervl 3x800m	OFF or XT	5	OFF	OFF or XT	10	23	M
			5			8			8	16	37
20	Speed Building	3	5	Fartlk 6x3min	OFF or XT	7	OFF	OFF or XT	12	27	M
			5			8			11	18	42
21	Speed Building	3	5	Intervl 3x800m	OFF or XT	8	OFF	OFF or XT	13	29	M
			5			8			13	21	47
22	Speed Building	3	5	Intrvl 5x4min	OFF or XT	5	OFF	OFF or XT	12	25	M
			5			8			8	18	39
23	Speed & Taper	OFF	4	Intrvl 6x400	OFF or XT	8	OFF	OFF or XT	9	21	M
			6			13			14	33	K
24	Taper	OFF	4	Race Pace	OFF or XT	4	OFF	OFF	13	21	M
			6			6			21	34	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. 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.

Moderate Pace = 5:50-6:30 min/km	Long Run = 6:30-7:20 min/km
RACE PACE: 5:45-6:30 min/km (or 9:10-10:20 min/mile) = 2hr to 2:15 Half Marathon finish	
Courtesy of Toronto Women's Running Series	