



# Half-Marathon Training

OCTOBER 22, 2017

Recorded in Km

Official training program courtesy of



Complete

2:15

1:40

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
1	Off	Off	Off	3 Steady Run	3 Steady Run	Off	3 Steady Run	9
1	Off	Off	Off	3 Tempo	3 Steady Run	Off	3 Steady Run	9
1	Off	Off	Off	3 Tempo	3 Steady Run	Off	3 Steady Run	9
2	7 LSD Run/ Walk	Off	4 Steady Run	3 Steady Run	3 Steady Run	Off	3 Steady Run	20
2	7 LSD Run/ Walk	Off	4 Tempo	3 Tempo	3 Steady Run	Off	3 Steady Run	20
2	7 LSD Run/ Walk	Off	4 Tempo	3 Tempo	3 Steady Run	Off	3 Steady Run	20
3	7 LSD Run/ Walk	Off	4 Steady Run	3 Steady Run	4 Steady Run	Off	3 Steady Run	21
3	7 LSD Run/ Walk	Off	4 Tempo	3 Tempo	4 Steady Run	Off	3 Steady Run	21
3	7 LSD Run/ Walk	Off	4 Tempo	3 Tempo	4 Steady Run	Off	3 Steady Run	21
4	7 LSD Run/ Walk	Off	3 Steady Run	4 Steady Run	3 Steady Run	Off	4 Steady Run	21
4	7 LSD Run/ Walk	Off	3 Tempo	4 Tempo	3 Steady Run	Off	4 Steady Run	21
4	7 LSD Run/ Walk	Off	3 Tempo	4 Tempo	3 Steady Run	Off	4 Steady Run	21
5	9 LSD Run/ Walk	Off	4 Steady Run	3 Steady Run	3 Steady Run	Off	3 Steady Run	21
5	9 LSD Run/ Walk	Off	4 Tempo	4 Tempo	3 Steady Run	Off	3 Steady Run	23
5	9 LSD Run/ Walk	Off	4 Tempo	4 Tempo	3 Steady Run	Off	3 Steady Run	23
6	9 LSD Run/ Walk	Off	5 Steady Run	3 Steady Run	4 Steady Run	Off	3 Steady Run	24
6	9 LSD Run/ Walk	Off	5 Tempo	3 Tempo	4 Steady Run	Off	3 Steady Run	24
6	9 LSD Run/ Walk	Off	5 Tempo	3 Tempo	4 Steady Run	Off	3 Steady Run	24



# Half-Marathon Training

OCTOBER 22, 2017

Recorded in Km

Official training program courtesy of



Complete

2:15

1:40

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
7	10 LSD Run/Walk	Off	4 Steady Run	3 Hills 2.5km	5 Steady Run	Off	3 Steady Run	24.5
7	10 LSD Run/Walk	Off	4 Tempo	3 Hills 2.5km	5 Steady Run	Off	3 Steady Run	24.5
7	10 LSD Run/Walk	Off	4 Tempo	3 Hills 2.5km	5 Steady Run	Off	3 Steady Run	24.5
8	10 LSD Run/Walk	Off	4 Steady Run	4 Hills 3km	5 Steady Run	Off	4 Steady Run	26
8	10 LSD Run/Walk	Off	4 Tempo	4 Hills 3km	5 Steady Run	Off	4 Steady Run	26
8	10 LSD Run/Walk	Off	4 Tempo	4 Hills 3km	5 Steady Run	Off	4 Steady Run	26
9	12 LSD Run/Walk	Off	4 Steady Run	5 Hills 4km	6 Steady Run	Off	4 Steady Run	30
9	12 LSD Run/Walk	Off	4 Tempo	5 Hills 4km	6 Steady Run	Off	4 Steady Run	30
9	12 LSD Run/Walk	Off	4 Tempo	5 Hills 4km	6 Steady Run	Off	4 Steady Run	30
10	14 LSD Run/Walk	Off	4 Steady Run	6 Hills 5km	6 Steady Run	Off	5 Steady Run	34
10	14 LSD Run/Walk	Off	4 Tempo	6 Hills 5km	6 Steady Run	Off	5 Steady Run	34
10	14 LSD Run/Walk	Off	4 Fartlek	6 Hills 5km	6 Steady Run	Off	5 Steady Run	34
11	16 LSD Run/Walk	Off	5 Steady Run	7 Hills 5.5km	7 Steady Run	Off	5 Steady Run	38.5
11	16 LSD Run/Walk	Off	5 Tempo	7 Hills 5.5km	7 Steady Run	Off	5 Steady Run	38.5
11	16 LSD Run/Walk	Off	5 Fartlek	7 Hills 5.5km	7 Steady Run	Off	5 Steady Run	38.5



# Half-Marathon Training

OCTOBER 22, 2017

Recorded in Km

Official training program courtesy of



Complete
2:15
1:40

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
12	16 LSD Run/Walk	Off	5 Steady Run	8 Hills 6km	7 Steady Run	Off	6 Steady Run	40
12	16 LSD Run/Walk	Off	5 Tempo	8 Hills 6km	7 Steady Run	Off	6 Steady Run	40
12	16 LSD Run/Walk	Off	5 Fartlek	8 Hills 6km	7 Steady Run	Off	6 Steady Run	40
13	12 LSD Run/Walk	Off	5 Steady Run	9 Hills 7km	8 Steady Run	Off	6 Steady Run	38
13	12 LSD Run/Walk	Off	5 Tempo	9 Hills 7km	8 Steady Run	Off	6 Steady Run	38
13	12 LSD Run/Walk	Off	5 Fartlek	9 Hills 7km	8 Steady Run	Off	6 Steady Run	38
14	18 LSD Run/Walk	Off	6 Steady Run	6 Fartlek	8 Steady Run	Off	6 Steady Run	44
14	18 LSD Run/Walk	Off	6 Tempo	Speed 2 x 1.6km 9km	8 Steady Run	Off	6 Steady Run	47
14	18 LSD Run/Walk	Off	6 Fartlek	Speed 2 x 1.6km 9km	8 Steady Run	Off	6 Steady Run	47
15	18 LSD Run/Walk	Off	6 Steady Run	4 Fartlek	8 Steady Run	Off	6 Steady Run	42
15	18 LSD Run/Walk	Off	6 Tempo	Speed 3 x 1.6km 11km	8 Steady Run	Off	6 Steady Run	49
15	18 LSD Run/Walk	Off	6 Tempo	Speed 3 x 1.6km 11km	8 Steady Run	Off	6 Steady Run	49



# Half-Marathon Training

OCTOBER 22, 2017

Recorded in Km

Official training program courtesy of



Complete
2:15
1:40

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
16	20 LSD Run/Walk	Off	6 Steady Run	4 Fartlek	8 Steady Run	Off	6 Steady Run	44
16	20 LSD Run/Walk	Off	6 Tempo	Speed 4 x 1.6km 12 km	8 Steady Run	Off	6 Race Pace	52
16	20 LSD Run/Walk	Off	6 Tempo	Speed 4 x 1.6km 12 km	8 Steady Run	Off	6 Race Pace	52
17	6 LSD Run/Walk	Off	10 Steady Run	6 Steady Run	Off	Off	3 Steady Run	25
17	6 LSD Run/Walk	Off	10 Race Pace	6 Race Pace	Off	Off	3 Steady Run	25
17	6 LSD Run/Walk	Off	10 Race Pace	6 Race Pace	Off	Off	3 Steady Run	25
18	Race Half-Marathon							

PACE SCHEDULE	LONG RUN (LSD)	STEADY RUN	TEMPO/FARTLEK/HILLS	SPEED	RACE	WALK ADJUSTED RACE PACE
To Complete	9:29-10:33	9:29	8:37	7:36	8:32	8:21
To Complete 2:15	7:19-8:12	7:19	6:36	5:46	6:20	6:09
To Complete 1:40	5:33-6:16	5:33	5:00	4:21	4:44	4:29

Run/Walk Interval = 10 min Running/1 min Walking

Hills are a distance of 400 m