# Half Marathon Training Schedule

**KeepCalm** #RunToTheBestYou EST - 2013

|  | Tuesday Workout #1 (Speed Work) | Thursday Workout #2 (Tempo Run) | Weekend Workout #3 (Long Run) |
|---|---|---|---|
| **Week 1** | 30 Min Run | 35 Min Run | 3 Miles w/ Mile Test |
| **Week 2** | 30 Min Run | 35 Min Run | 4 Miles |
| **Week 3** | 30 Min Run | 35 Min Run | 3 Miles |
| **Week 4** | 30 Min Run | 35 Min Run | 5 Miles |

| | | | |
|---|---|---|---|
| **Week 5** | **30 Min Run** | **35 Min Run** | **3 Miles** |
| **Week 6** | **30 Min Run** | **35 Min Run** | **6.5 Miles** |
| **Week 7** | **30 Min Run** | **35 Min Run** | **3 Miles w/**<br>**Mile Test** |
| **Week 8** | **30 Min Run** | **35 Min Run** | **8 Miles** |
| **Week 9** | **30 Min Run** | **35 Min Run** | **3 Miles w/**<br>**Mile Test** |
| **Week 10** | **30 Min Run** | **35 Min Run** | **9.5 Miles** |

| | | | |
|---|---|---|---|
| **Week 11** | **30 Min Run** | **35 Min Run** | **4 Miles w/**<br>**Mile Test** |
| **Week 12** | **30 Min Run** | **35 Min Run** | **11 Miles** |
| **Week 13** | **30 Min Run** | **35 Min Run** | **4 Miles w/**<br>**Mile Test** |
| **Week 14** | **30 Min Run** | **35 Min Run** | **12.5 Miles** |
| **Week 15** | **30 Min Run** | **35 Min Run** | **4 Miles w/**<br>**Mile Test** |
| **Week 16** | **30 Min Run** | **35 Min Run** | **14 Miles** |

| | | | |
|---|---|---|---|
| **Week 17** | **30 Min Run** | **35 Min Run** | **4 Miles** |
| **Week 18**<br>Race Week | **30 Min Run** | **35 Min Run** | **13.1 Miles**<br>**Race Day!** |

**\*Tuesday Speed Days:** 5-10 minute warm-up followed by 400 or 800 meter repeats. After each repeat, take an equal rest before starting the next. (Example) After completing the 400 meters in 2 minutes and 30 seconds, take a 2-min and 30-sec rest before starting your next set—the same for your 800-meter repeats.

Conclude each speed day with a 5-minute cool-down.

**Thursday Tempo Runs:** 5-minute warm-up followed by a 10-minute high tempo run. 5-minute easy run followed by 10-minute high tempo run. Cool down for 5 minutes.

 **\*Terminology:** 400's equals a quarter mile/ 400 meters. This would represent one time around the inside lane of any track. An 800 equals a half mile/ 2 times around the inside lane of a track. If a track is not available to you, just use the GPS on your running app. Sec means how many seconds to rest.

 I ALWAYS recommend using a track for quarter-mile repeats. You can also use the GPS to track your meters using the Nike Run Club app set to SPEED.

**Special Note:** Although Tuesdays are considered speed workouts, for the beginner who will be implementing the run, walk, run, you can consider this endurance training. If you can clear a quarter mile without stopping, then 30 seconds of running will be a breeze. However, you can also use your run, walk ratios to complete these workouts.

 I challenge you, to challenge yourself to complete this non-stop.

You are the captain of your own running ship.


**HOW TO SET UP SPEED WORKOUT USING NIKE RUN CLUB APP**

**Phone App: https://youtu.be/MQlsUgbG8L8**

**Apple Watch: https://youtu.be/j6sIWnWDQQc**