

12 Week Half Marathon Plan

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Week 1

Speed Work
4 x 400 m Repeats

Cross-Training
of choice

3-Mile Fartlek Run

Recovery Run
1-5 Miles
@ Recovery Pace

Cross-Training

Long Run - 5 Miles

Rest

Week 2

Speed Work
30 Minutes 1:1 Intervals
(1 Min Run, 1 Min Easy)

Cross-Training
of choice

3.5-Mile Tempo Run
@ 5K Pace

Recovery Run
1-5 Miles
@ Recovery Pace

Cross-Training

Long Run - 6 Miles

Rest

Week 3

Speed Work
3 x 800 m Repeats

Cross-Training
of choice

4.5-Mile Tempo Run
@ 10K Pace

Recovery Run
1-5 Miles
@ Recovery Pace

Cross-Training

Long Run - 7 Miles

Rest

Week 4

Speed Work
45 Minutes 1:1 Intervals
(1 Min Run, 1 Min Easy)

Cross-Training
of choice

5-Mile Fartlek Run

Recovery Run
1-5 Miles
@ Recovery Pace

Cross-Training

Long Run - 8 Miles

Rest

Week 5

Speed Work
2 x 1 Mile Repeats

Cross-Training
of choice

6.5-Mile Tempo Run
@ 10K Pace

Recovery Run
1-5 Miles
@ Recovery Pace

Cross-Training

Long Run - 5 Miles

Rest

Week 6

Speed Work
40 min 2:1 Intervals (2 Min
Run, 1 Min Easy)

Cross-Training
of choice

6-Mile Fartlek Run

Recovery Run
1-5 Miles
@ Recovery Pace

Cross-Training

Long Run - 7 Miles

Rest

Week 7

Speed Work
6 x 400 m Repeats

Cross-Training
of choice

7-Mile Tempo Run
@ Attempted 10K Pace

Recovery Run
1-5 Miles
@ Recovery Pace

Cross-Training

Long Run - 9 Miles

Rest

Week 8

Speed Work
6 x 400 m Repeats

Cross-Training
of choice

7-Mile Fartlek Run

Recovery Run
1-5 Miles
@ Recovery Pace

Cross Training of Choice
or Additional Tempo Run
of Choice Length

Long Run - 8 Miles

Rest

Week 9

Speed Work
4 x 800 m Repeats

Cross-Training
of choice

4-Mile Tempo Run
@ Attempted 5K Pace

Recovery Run
1-5 Miles
@ Recovery Pace

Cross Training of Choice
or Additional Tempo Run
of Choice Length

Long Run - 10 Miles

Rest

Week 10

Speed Work
60 min 2:1 Intervals (2 Min
Run, 1 Min Easy)

Cross-Training
of choice

8-Mile Fartlek Run

Recovery Run
1-5 Miles
@ Recovery Pace

Cross Training of Choice
or Additional Tempo Run
of Choice Length

Long Run - 11 Miles

Rest

Week 11

Speed Work
3 x 1 Mile Repeats

Cross-Training
of choice

5-Mile Tempo Run
@ Attempted 5K Pace

Recovery Run
1-5 Miles
@ Recovery Pace

Cross Training of Choice
or Additional Tempo Run
of Choice Length

Long Run - 13 Miles

Rest

Week 12

Deload
Pre-Race Week

Deload
Pre-Race Week

Deload
Pre-Race Week

Deload
Pre-Race Week

Deload
Pre-Race Week

Deload
Pre-Race Week

Deload
Pre-Race Week

Trainer's Notes:

To do this plan you should already be able to run 5 miles comfortably before beginning (specific pace does not matter; but running 5 miles in 60 minutes is a good benchmark to start from)

Later in the plan, you'll notice you're instructed to run at a fast pace for longer than you are used to, for example, week 11 calls for a tempo run of 5 miles at your 5K pace. Hold the 5K pace for as long as you can, aiming to run at that pace for more than 3.1 miles. You may slow the pace, but by this point, the idea is that you've developed enough stamina to hold faster paces for longer.

Take your rest days and cross-training days seriously.

Once you get to week 8, the second cross-training day becomes "cross-training of choice or additional tempo run of choice length." You can choose based on how you feel, but are encouraged to add the tempo run at least twice to increase your overall weekly mileage leading up to the deload week.