

6 Month Half Marathon Plan

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Week 1

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

Cross-Training

Tempo Run - 1 Mile

Rest

Cross-Training

Long Run - 2 Miles

Rest

Week 2

Speed Work: Strides
2 Miles With 10 Strides
of 30 Seconds

Cross-Training

Tempo Run - 1 Mile

Rest

Cross-Training

Long Run - 2.5 Miles

Rest

Week 3

Speed Work: Fartlek
30 Minute Fartlek Run
(Intervals Based on Feel)

Cross-Training

Tempo Run - 1 Mile

Rest

Cross-Training

Long Run - 3 Miles

Rest

Week 4

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

Cross-Training

Tempo Run - 1.5 Mile

Rest

Cross-Training

Long Run - 3.5 Miles

Rest

Week 5

Speed Work: Strides
3 Miles With 10 Strides
of 30 Seconds

Cross-Training

Tempo Run - 2 Mile

Rest

Cross-Training

Long Run - 4 Miles

Rest

Week 6

Speed Work: Fartlek
40 Minute Fartlek Run
(Intervals Based on Feel)

Cross-Training

Tempo Run - 2.5 Mile

Rest

Cross-Training

Long Run - 4.5 Miles

Rest

Week 7

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

Cross-Training

Tempo Run - 3 Mile

Rest

Cross-Training

Long Run - 5 Miles

Rest

Week 8

Speed Work: Strides
3 Miles With 20
Strides of 20 Seconds

Cross-Training

Tempo Run - 3.5 Mile

Rest

Cross-Training

Long Run - 5.5 Miles

Rest

Week 9

Speed Work: Fartlek
45 Minute Fartlek Run
(Intervals Based on Feel)

Cross-Training

Tempo Run - 4 Mile

Rest

Cross-Training

Long Run - 6 Miles

Rest

Week 10

Speed Work
45 Minutes 2:1 Intervals (2
Min Run, 1 Min Easy)

Cross-Training

Tempo Run - 4.5 Mile

Rest

Cross-Training

Long Run - 6.5 Miles

Rest

Week 11

Speed Work: Strides
3 Miles With 15 Strides
of 30 Seconds

Cross-Training

Tempo Run - 5 Mile

Rest

Cross-Training

Long Run - 7 Miles

Rest

Week 12

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Week 13

Speed Work
30 Minutes 3:1 Intervals (3
Min Run, 1 Min Easy)

Cross-Training

Tempo Run - 3 Mile

Rest

Cross-Training

Long Run - 8 Miles

Rest

Week 14

Speed Work: Strides
4 Miles With 10 Strides
of 30 Seconds

Cross-Training

Tempo Run - 6 Mile

Rest

Cross-Training

Long Run - 8.5 Miles

Rest

Week 15

Speed Work: Fartlek
50 Minute Fartlek Run
(Intervals Based on Feel)

Cross-Training

Tempo Run - 3 Mile

Rest

Cross-Training

Long Run - 9 Miles

Rest

Week 16

Speed Work
45 Minutes 3:1 Intervals (3
Min Run, 1 Min Easy)

Cross-Training

Tempo Run - 3.5 Mile

Rest

Cross-Training

Long Run - 9.5 Miles

Rest

Week 17

Speed Work: Strides
4 Miles With 20
Strides of 15 Seconds

Cross-Training

Tempo Run - 4 Mile

Rest

Cross-Training

Long Run - 10 Miles

Rest

Week 18

Speed Work: Fartlek
60 Minute Fartlek Run
(Intervals Based on Feel)

Cross-Training

Tempo Run - 4.5 Mile

Rest

Cross-Training

Long Run - 10.5 Miles

Rest

Week 19

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

Cross-Training

Tempo Run - 5 Mile

Rest

Cross-Training

Long Run - 11 Miles

Rest

Week 20

Speed Work: Strides
4.5 Miles With 10
Strides of 45 Seconds

Cross-Training

Tempo Run - 6 Mile

Rest

Cross-Training

Long Run - 11.5 Miles

Rest

Week 21

Speed Work: Fartlek
45 Minute Fartlek Run
(Intervals Based on Feel)

Cross-Training

Tempo Run - 3 Mile

Rest

Cross-Training

Long Run - 12 Miles

Rest

Week 22

Speed Work
30 Minutes 3:1 Intervals (3
Min Run, 1 Min Easy)

Cross-Training

Tempo Run - 4 Mile

Rest

Cross-Training

Long Run - 12.5 Miles

Rest

Week 23

Speed Work: Strides
4.5 Miles With 15
Strides of 30 Seconds

Cross-Training

Tempo Run - 3 Mile

Rest

Cross-Training

Long Run - 13 Miles

Rest

Week 24

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 be able to run 1 mile without stopping (at no specific pace, but without any walking).

Cross-training can be anything that isn't running, but you're highly encouraged to dedicate at least one cross-training day per week to strength training.

You have two deload weeks: week 12 and week 24. During these weeks, especially your pre-race week, limit running and other intense physical activity. You may choose to go for long walks, short, easy runs, do yoga, sleep extra, or anything else that makes your body and mind feel rejuvenated.

Use our pace chart to choose paces for tempo runs or choose based on feel.

Your long runs start at 2 miles and increase by half a mile every week, aside from deload weeks.