



TRAINING PLAN

LA ROAD RUNNERS – HALF MARATHON TRAINING LEVEL 1: 5% INTENSITY



	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 9/16-9/22	30 MIN EASY	DAY OFF	35 MIN EASY	30 MIN EASY	30 MIN EASY	3 MILES EASY	30 MIN EASY + STRENGTH
Week 2 9/23-9/29	40 MIN EASY	DAY OFF	45 MIN EASY	40 MIN EASY	DAY OFF	4 MILES EASY	35 MIN EASY + STRENGTH
Week 3 9/30-10/6	40 MIN EASY	DAY OFF	45 MIN EASY	45 MIN EASY	DAY OFF	5 MILES EASY	35 MIN EASY + STRENGTH
Week 4 10/7-10/13	35 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	35 MIN EASY	DAY OFF	7 MILES EASY	35 MIN EASY + STRENGTH
Week 5 10/14-10/20 Taper Week	30 MIN EASY	DAY OFF	10 MIN EASY 2 MIN T-PACE + 2 MIN WALK X2 10 MIN EASY	DAY OFF	DAY OFF	5 MILES EASY	15 MIN EASY + STRENGTH
Week 6 10/21-10/27	10 MIN EASY 10 MIN MRP 20 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	40 MIN EASY	DAY OFF	8 MILES EASY	35 MIN EASY + STRENGTH


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	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 7 10/28-11/3	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 2:30 MIN T-PACE + 2:30 MIN HMRP X3 10 MIN EASY	40 MIN EASY	DAY OFF	9 MILES EASY	35 MIN EASY + STRENGTH
Week 8 11/4-11/10	20 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 2:30 MIN T-PACE + 2:30 MIN HMRP X3 10 MIN EASY	42 MIN EASY	DAY OFF	10 MILES EASY	35 MIN EASY + STRENGTH
Week 9 11/11-11/17 Taper Week	10 MIN EASY 10 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 2 MIN T-PACE + 2 MIN HMRP X2 15 MIN EASY	30 MIN EASY	DAY OFF	5 MILES EASY	STRENGTH
Week 10 11/18-11/24	20 MIN EASY 25 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 3 MIN I-PACE + 2 MIN HMRP X3 10 MIN EASY	45 MIN EASY	DAY OFF	11 MILES EASY	35 MIN EASY + STRENGTH
Week 11 11/25-12/1	20 MIN EASY 25 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 4 MIN T-PACE + 2 MIN HMRP X3 10 MIN EASY	50 MIN EASY	DAY OFF	13 MILES EASY	35 MIN EASY + STRENGTH
Week 12 12/2-12/8	20 MIN EASY 30 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 5 MIN T-PACE + 2 MIN HMRP X3 5 MIN EASY	55 MIN EASY	DAY OFF	14 MILES EASY	35 MIN EASY + STRENGTH
Week 13 12/9-12/15 Taper Week	15 MIN EASY 15 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 5 MIN T-PACE + 2 MIN HMRP X2 5 MIN EASY	35 MIN EASY	DAY OFF	7 MILES EASY	STRENGTH

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	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 14 12/16-12/22	20 MIN EASY 15 MIN MRP 15 MIN EASY	DAY OFF	10 MIN EASY 6 MIN T-PACE + 2 MIN HMRP X3 10 MIN EASY	1 HOUR EASY	DAY OFF	15 MILES EASY	15 MIN EASY 40 MIN MRP + STRENGTH
Week 15 12/23-12/29	20 MIN EASY 20 MIN MRP 15 MIN EASY	DAY OFF	10 MIN EASY 6 MIN T-PACE + 2 MIN HMRP X4 5 MIN EASY	1:02 EASY	DAY OFF	16 MILES EASY	10 MIN EASY 40 MIN MRP + STRENGTH
Week 16 12/30-1/5	15 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 2 MIN HMRP X3 5 MIN EASY	1:05 EASY	DAY OFF	17 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
Week 17 1/6-1/12 Taper Week	15 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 2 MILE TIME TRIAL 5 MIN EASY	15 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	6 MILES EASY	10 MIN EASY 30 MIN MRP + STRENGTH
Week 18 1/13-1/19 Race Week	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 5 MIN T-PACE 10 MIN EASY	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	 RACE DAY HAVE FUN!