

# Half Marathon Training Plan

My goal is a 1:50 marathon time. This will be my 3rd half marathon. My current PR is 1:53:49 in the Red Baron Half 2012. It was a very cool day on a very hilly course.

I did this plan during ski season and spent every weekend skiing for 4-6 hours. This was the first year I've been dedicated to running all winter. It was hard, but felt really good to stay on track with running. I incorporated Les Mills Bodypump, Pilates, a few cycling sessions and a couple sessions of swimming into my routine as well.

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Feb3</b> Week 12	Pilates Bodypump	<b>Easy Run</b> 4m + 4x20 sec strides	Pilates Bodypump	<b>Tempo Run</b> 2 m wu, 3 miles ghmp, 1 m cd	<b>Long Run</b> 8 miles easy Bodypump	<i>Downhill Ski</i>	<b>Easy Run</b> <i>Downhill Ski</i>
<b>Feb 10</b> Week 11	Pilates Bodypump	<b>Intervals</b> 2 m wu 4x1 m 10K pace, rest 90 seconds between, 1 m cd	Spin Class Pilates	<b>Hills</b> 2 m wu 2x30 seconds hard effort, walk down 75 seconds at 5K effort, 1 m cd	Bodypump	<b>Easy Run</b> 4 m and 4 x20 seconds strides at end <i>Downhill Ski</i>	<b>Long Run</b> 9 miles easy <i>Downhill Ski</i>
<b>Feb 17</b> Week 10	Rest	<i>Ski Vacation</i>	<i>Ski Vacation</i>	<b>Combo Run</b> 2 m wu 3 m ghmp 4 by 2 m 5K, 90 sec rest, 1 m cd	<b>Easy</b> 3 mile run Bodypump	<b>Long Run</b> 10 miles easy <i>Downhill Ski</i>	1 mile easy, 4 m at mp +30sec, 1 m cd <i>Downhill Ski</i>
<b>Feb 24</b> Week 9	Pilates Bodypump	<b>VO2 Max</b> 2 m wu 10x400 at 3 K pace with 200 m jog between. 1 m cd	Spinning Pilates Bodypump	<b>Intervals</b> 2 m wu 3x2 m ghmp x 3 min rest between, 1 m cd	<b>Easy Run</b> 5 miles + 4x20 second strides at end	<b>Long Run</b> 10 miles easy <i>Downhill Ski</i>	5 miles + 4x20 second strides <i>Downhill Ski</i>
<b>Mar 3</b> Week 8	Pilates Bodypump	<b>Easy Run</b> 6 miles + 4x20 second strides	Pilates	<b>Intervals</b> 2 m wu, 2x3 m ghmp, 3 min rest between, 1 m cd	Bodypump <b>Steady Run</b> 1 mile easy, 5 m mp + 30 s, 1 mile easy	<b>Long Run</b> 10 Miles	Rest
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<b>Mar 10</b> Week 7	Pilates Bodypump	<b>Easy Run</b> 6 miles + 4x20 second strides	Bodypump	<b>Tempo Run</b> 2 m wu, 5 m at goal hmp, 1 m cd	<b>Run</b> 6 miles	<b>Long Run</b> 10 miles <i>Treadmill</i>	Rest

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<b>Mar 17</b> <i>Week 6</i>	Pilates Bodypump	<b>Tempo Run</b> 2 m wu, 5 m at g hmp, 1 m cd	Rest	<b>Easy Run</b> 6 miles	Bodypump <b>Steady Run</b> 1 mile easy, 5 m gmp+30 sec, 1 m easy	Rest	<b>Long Run</b> 13 miles <i>(Syracuse with Brenna)</i>
<b>March 24</b> <i>Week 5</i>	3 mile Run with my Sister	<b>Intervals</b> 2 m wu, 3x1 mile at ghmp + 10 seconds, 200 m walk between 1 m 10K pace, 1 m cd	6 miles with my Sister	<b>Steady Run</b> 9 miles	Bodypump <b>Long Run</b> 13 miles	<i>Downhill Ski</i>	Rest
<b>March 31</b> <i>Week 4</i>	<b>Run</b> 3 miles	<b>Intervals</b> 2 m wu, 3x800 at 10K pace with 200 meter recovery between, 1 m cd	Bodypump <b>Easy Run</b> 6 miles + 4x20 second strides	Rest	Bodypump 1 mile easy, 6 m gmp+30 sec, 1 m easy	Rest	<b>Long Run</b> 13 miles easy
<b>April 7</b> <i>Week 3</i>	Pilates Swim	<b>Easy Run</b> 6 miles +4x20 second strides Swim	Rest	<b>Easy Run</b> 4 miles	Bodypump <b>Intervals</b> 2 m wu, 6x800 at 10K pace with 200 m jog between, 1 m cd	<b>Outdoor Ride</b> 15 miles	<b>Long Run</b> 10 miles
<b>April 14</b> <i>Week 2</i>	Rest	<b>Tempo Run</b> 1 mile wu, 4 m at gmp	<b>Intervals</b> 2 m wu, 2x1.5 m at ghmp with 2 min jog btwn, 1 m cd	<b>Easy Run</b> 6 miles +4 x20 second strides	Core Work (home yoga/ pilates)	<b>Long Run</b> 8 miles easy Yoga (45 m)	<b>Brick Workout</b> 16 m bike 4 m run
<b>April 21</b> <i>Race Week</i>	<b>Easy Run</b> 3 miles Power Yoga	<b>Easy Run</b> 5 miles +4x 20 second strides	Pilates Bodypump Cycling	<b>Intervals</b> 2 mile wu, 2 x1 m 5K pace with 4 min rest between, 1 mile cd	<b>Hike</b> 3 miles	<b>Easy Run</b> 2 miles + 4x20 second strides	Race