

Training for a Half Marathon by Sage Rountree, USA Triathlon Certified Coach and Registered Yoga Teacher

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	<p>Rest; Yoga or Pilates</p>	<p>Intervals: Run 50 min. with 3 x (8 min. medium, 2 min. easy). Follow with Balance and Bowing.</p>	<p>Run 40 min. easy or cross-train. Follow with Core Flow.</p>	<p>Hills: Run 45 min. with :30, :45, 1:00, 1:15 and 1:30 steady up a hill. Follow with Lunge Series.</p>	<p>Rest; include Relax.</p>	<p>Run 50 min. Follow with Standing Stretches.</p>	<p>Run 40 min. easy or cross-train. Follow with Warrior Flow.</p>
WEEK 2	<p>Rest; Yoga or Pilates</p>	<p>Intervals: Run 50 min. with 4 x (8 min. medium, 2 min. easy). Follow with Balance and Bowing.</p>	<p>Run 40 min. easy or cross-train. Follow with Core Flow.</p>	<p>Hills: Run 45 min. with 1:00, 1:15, 1:30 and 1:45 steady up a hill. Follow with Lunge Series.</p>	<p>Rest; include Relax.</p>	<p>Run 60 min. Follow with Standing Stretches.</p>	<p>Run 40 min. easy or cross-train. Follow with Warrior Flow.</p>
WEEK 3	<p>Rest; Yoga or Pilates</p>	<p>Intervals: Run 50 min. with 3 x (10 min. medium, 2 min. easy). Follow with Balance and Bowing.</p>	<p>Run 40 min. easy or cross-train. Follow with Core Flow.</p>	<p>Hills: Run 45 min. with 1:15, 1:30, 1:45 and 2:00 steady up a hill. Follow with Lunge Series.</p>	<p>Rest; include Relax.</p>	<p>Run 70 min. Follow with Standing Stretches.</p>	<p>Run 40 min. easy or cross-train. Follow with Warrior Flow.</p>
WEEK 4	<p>Rest; Yoga or Pilates</p>	<p>Intervals: Run 45 min. with 3 x (6 min. medium, 2 min. easy). Follow with Balance and Bowing.</p>	<p>Run 40 min. easy or cross-train. Follow with Core Flow.</p>	<p>Hills: Run 45 min. with :45, 1:00, 1:15 and 1:30 steady up a hill. Follow with Lunge Series.</p>	<p>Rest or run 10-15 min.- just enough to calm you down. Include Relax.</p>	<p>Run 60 min. Follow with Standing Stretches.</p>	<p>Run 40 min. easy or cross-train. Follow with Warrior Flow.</p>

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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	Rest; Yoga or Pilates	Intervals: Run 50 min. with 4 x (4 min. hard, 2 min. easy). Follow with Lunge Series .	Run 40-50 min. easy or cross-train. Follow with Warrior Flow .	Light Tempo: Run 50 min. with 20 min. medium. Follow with Pigeon Sequence .	Rest; include Relax .	Run 80 min. Follow with Standing Stretches .	Pace: Run 40 min. with 10 min. half marathon pace (HMP). Follow with Quick Fix .
WEEK 6	Rest; Yoga or Pilates	Intervals: Run 50 min. with 5 x (4 min. hard, 90 sec. easy). Follow with Lunge Series .	Run 40-50 min. easy or cross-train. Follow with Warrior Flow .	Light Tempo: Run 50 min. with 25 min. medium. Follow with Pigeon Sequence .	Rest; include Relax .	Run 90 min. Follow with Standing Stretches .	Pace: Run 40 min. with 15 min. HMP. Follow with Quick Fix .
WEEK 7	Rest; Yoga or Pilates	Intervals: Run 50 min. with 6 x (4 min. hard, 1 min. easy). Follow with Lunge Series .	Run 40-50 min. easy or cross-train. Follow with Warrior Flow .	Light Tempo: Run 50 min. with 30 min. medium. Follow with Pigeon Sequence .	Rest; include Relax .	Run 100 min. Wear the clothes you plan to race in. Follow with Standing Stretches .	Pace: Run 40 min. with 20 min. HMP. Follow with Quick Fix .
WEEK 8	Rest; Yoga or Pilates	Intervals: Run 45 min. with 3 x (4 min. hard, 1 min. easy). Follow with Lunge Series .	Run 40 min. easy or cross-train. Follow with Warrior Flow .	Light Tempo: Run 50 min. with 15 min. medium. Follow with Pigeon Sequence .	Rest; include Yin Hips .	Run 75 min. Follow with Standing Stretches .	Pace: Run 40 min. with 10 min. HMP. Follow with Quick Fix .

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9	Rest; Yoga or Pilates	Progressive Intervals: Run 50 min. with 10, 7.5, 5 and 2.5 min. intervals, each faster than the previous, with 3 min. easy between each. Follow with IT Band Express .	Run 40-50 min. easy or cross-train. Follow with Standing Hip Opener .	Tempo: Run 50 min. with 20 min. medium hard. Follow with Pigeon Sequence .	Rest; include Relax .	Run 110 min. Follow with Standing Stretches . Later in the afternoon, Relax .	Pace: Run 40 min. with 20 min. HMP. Follow with Core and More .
WEEK 10	Rest; Yoga or Pilates	Progressive Intervals: Run 50 min. with 10, 7.5, 5 and 2.5 min. intervals, each faster than the previous, with 2 min. easy between each. Follow with IT Band Express .	Run 40-50 min. easy or cross-train. Follow with Standing Hip Opener .	Tempo: Run 50 min. with 25 min. medium hard. Follow with Pigeon Sequence .	Rest; include Relax .	Run 120 min. Follow with Standing Stretches . Later in the afternoon, Relax .	Pace: Run 40 min. with 20 min. HMP. Follow with Core and More .
WEEK 11	Rest; Yoga or Pilates	Progressive Intervals: Run 50 min. with 10, 7.5, 5 and 2.5 min. intervals, each faster than the previous, with 1 min. easy between each. Follow with IT Band Express .	Run 40 min. easy or cross-train. Follow with Standing Hip Opener .	Tempo: Run 50 min. with 30 min. medium hard. Follow with Pigeon Sequence .	Rest; include Yin Hips .	Run 60 min. Wear the clothes you plan to race in. Follow with Standing Stretches . Later in the afternoon, Relax .	Pace: Run 40 min. with 10 min. HMP. Follow with Core and More .
WEEK 12	Rest; Yoga or Pilates	Race-Week Intervals: Run 45 min. with 3 min. medium, 2 min. easy, 3 min. medium hard, 2 min. easy, 3 min. medium. Follow with IT Band Express .	Run 30 min. easy or cross-train. Follow with Standing Hip Opener .	Taper: Run 35 min. with 3 x 2 min. comfortably fast. Follow with Pigeon Sequence .	Rest or run 10-15 min. – just enough to calm you down. include Relax .	Race! Include a warm-up of 5-10 min. with 4 x 30 sec. pickups timed to finish close to the start.	Take an easy walk to work out any stiffness. Follow with Relax .