

















Training For a Half Marathon

by Sage Rountree, USA Triathlon Certified Coach and Registered Yoga Teacher

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

Training For a 10K

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

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<b>WEEK 9</b>	Rest; Yoga or Pilates	<b>Progressive Intervals:</b> 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 <a href="#">IT Band Express</a> .	Run 40-50 min. easy or cross-train. Follow with <a href="#">Standing Hip Opener</a> .	<b>Tempo:</b> Run 50 min. with 20 min. medium hard. Follow with <a href="#">Pigeon Sequence</a> .	Rest; include <a href="#">Relax</a> .	Run 110 min. Follow with <a href="#">Standing Stretches</a> . Later in the afternoon, <a href="#">Relax</a> .	<b>Pace:</b> Run 40 min. with 20 min. HMP. Follow with <a href="#">Core and More</a> .
<b>WEEK 10</b>	Rest; Yoga or Pilates	<b>Progressive Intervals:</b> 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 <a href="#">IT Band Express</a> .	Run 40-50 min. easy or cross-train. Follow with <a href="#">Standing Hip Opener</a> .	<b>Tempo:</b> Run 50 min. with 25 min. medium hard. Follow with <a href="#">Pigeon Sequence</a> .	Rest; include <a href="#">Relax</a> .	Run 120 min. Follow with <a href="#">Standing Stretches</a> . Later in the afternoon, <a href="#">Relax</a> .	<b>Pace:</b> Run 40 min. with 20 min. HMP. Follow with <a href="#">Core and More</a> .
<b>WEEK 11</b>	Rest; Yoga or Pilates	<b>Progressive Intervals:</b> 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 <a href="#">IT Band Express</a> .	Run 40 min. easy or cross-train. Follow with <a href="#">Standing Hip Opener</a> .	<b>Tempo:</b> Run 50 min. with 30 min. medium hard. Follow with <a href="#">Pigeon Sequence</a> .	Rest; include <a href="#">Yin Hips</a> .	Run 60 min. Wear the clothes you plan to race in. Follow with <a href="#">Standing Stretches</a> . Later in the afternoon, <a href="#">Relax</a> .	<b>Pace:</b> Run 40 min. with 10 min. HMP. Follow with <a href="#">Core and More</a> .
<b>WEEK 12</b>	Rest; Yoga or Pilates	<b>Race-Week Intervals:</b> Run 45 min. with 3 min. medium, 2 min. easy, 3 min. medium hard, 2 min. easy, 3 min. medium. Follow with <a href="#">IT Band Express</a> .	Run 30 min. easy or cross-train. Follow with <a href="#">Standing Hip Opener</a> .	<b>Taper:</b> Run 35 min. with 3 x 2 min. comfortably fast. Follow with <a href="#">Pigeon Sequence</a> .	Rest or run 10-15 min. — just enough to calm you down. include <a href="#">Relax</a> .	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 <a href="#">Relax</a> .