







8 Week Half-Marathon Training Plan

Intermediate/Advanced Plan

If you can run at least four miles at a steady pace without walking or are looking for a bigger-than-10K challenge, follow this program. It mixes intervals into your mileage to put speed and spring in your stride.

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
WK 1	 4 miles		 2 repeats		REST	 2 miles	 5 miles
WK 2	 4 miles			 EASY 4 miles	REST	 3 miles	 7 miles
WK 3	 5 miles		 3 repeats		REST	 4 miles	 9 miles
WK 4	 4 miles			 EASY 5 miles	REST	 4 miles	 11 miles
WK 5	 3 miles		 4 repeats		REST	 5 miles	 9 miles
WK 6	 4 miles			 EASY 6 miles	REST	 4 miles	 12 miles
WK 7	 2 miles		 4 repeats		REST	 6 miles	 8 miles
WK 8	 4 miles		 3 repeats	 EASY 4 miles	REST	Easy 2.5-mile run plus 4 strides	Half-marathon race day! 13.1 miles

-  **Easy strides** Do most of your run at an easy, conversational pace. After you warm up, intersperse four 30-second strides (bursts in which you gradually accelerate to a near sprint) in your run.
-  **Cross-train** Do any form of low-impact aerobic activity (biking, elliptical, swimming, rowing) for 30 to 60 minutes. Plus, do the strength-training moves on page 76.
-  **Speed repeats** Jog for 15 minutes; then run 1 mile at a push-it pace (8 on an intensity scale of 1 to 10; it's tough to talk); jog slowly for 2 minutes to recover. Repeat speedy mile/recovery combo

-  **Hills** Jog for 15 minutes. Then run 2 minutes uphill at a hard effort; jog back down to recover. Do 4 reps. Jog for 15 minutes.
-  **Goal race pace (GRP) run** Jog for 15 minutes. Then run at the fastest pace you can maintain for the distance listed, ideally the pace you want to run on race day. Jog for 15 minutes.
-  **Long run** Jog for 5 to 10 minutes and then run the number of miles listed at a slow, steady pace you can maintain over that distance.

For cross-training moves, nutrition tips, gear picks and playlists, go to www.fitnessmagazine.com/halfmarathon