Half Marathon Training Program

8 Weeks - 11 Runs Per Week

Moderate Duration

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	**Primary**	Easy Run 30-40 minutes	Easy Run 50-60 minutes	Lactate Threshold Repeats 15 minute warm-up 3 x 10:00 w 2:00 jog 15 minute cool-down	Easy Run 50-60 minutes	Easy Run 70-75 minutes	Easy Run 50-60 minutes	Moderate Rhythm Long Run 110-120 minutes at Moderate Pace (Max 17 miles)
	Secondary	20-30 minute easy run	20-30 minute easy run		20-30 minute easy run		20-30 minute easy run	
	Strength	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	-
Week 2	**Primary**	Easy Run 30-40 minutes	Easy Run 50-60 minutes	Fast Repeats 10-15 minute warm-up 18 x 1:00 w 1:00 jog 10-15 minute cool-down	Easy Run 50-60 minutes	Easy Run 75-80 minutes	Easy Run 50-60 minutes	Fast Finish Long Run 100 minutes (Max 14 miles) First 70 mins @ easy pace last 30 mins @ AT Pace
	Secondary	20-30 minute easy run	20-30 minute easy run		20-30 minute easy run		20-30 minute easy run	
	Strength	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	-
Week 3	**Primary**	Easy Run 30-40 minutes	Easy Run 50-60 minutes	Lactate Threshold Tempo 15 minute warm-up 25 minute LT Tempo 15 minute cool-down	Easy Run 50-60 minutes	Easy Run 80-85 minutes	Easy Run 50-60 minutes	Moderate Rhythm Long Run 120-130 minutes at Moderate Pace (Max 18 miles)
	Secondary	20-30 minute easy run	20-30 minute easy run		20-30 minute easy run		20-30 minute easy run	
	Strength	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	-
Week 4	**Primary**	Easy Run 30-40 minutes	Easy Run 55-65 minutes	VO2 Max Repeats 10-15 minute warm-up 8 x 3:00 w 2:15 jog 10-15 minute cool-down	Easy Run 55-65 minutes	Easy Run 85-90 minutes	Easy Run 55-65 minutes	Fast Finish Long Run 105 minutes (Max 15 miles) First 70 mins @ easy pace last 35 mins @ AT Pace
	Secondary	20-30 minute easy run	20-30 minute easy run		20-30 minute easy run		20-30 minute easy run	
	Strength	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	-
Week 5	**Primary**	Easy Run 30-40 minutes	Easy Run 55-65 minutes	Lactate Threshold Repeats 15 minute warm-up 3 x 12:00 w 2:20 jog 15 minute cool-down	Easy Run 55-65 minutes	Easy Run 90 minutes	Easy Run 55-65 minutes	Moderate Rhythm Long Run 130-140 minutes at Moderate Pace (Max 20 miles)
	Secondary	20-30 minute easy run	20-30 minute easy run		20-30 minute easy run		20-30 minute easy run	
	Strength	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	-
Week 6	**Primary**	Easy Run 30-40 minutes	Easy Run 55-65 minutes	Grove Repeats 10-15 minute warm-up 6 x 5:00 w 2:30 jog 10-15 minute cool-down	Easy Run 55-65 minutes	Easy Run 90 minutes	Easy Run 55-65 minutes	Fast Finish Long Run 110 minutes (Max 16 miles) First 70 mins @ easy pace last 40 mins @ AT Pace
	Secondary	20-30 minute easy run	20-30 minute easy run		20-30 minute easy run		20-30 minute easy run	
	Strength	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	-
Week 7	**Primary**	Easy Run 30-40 minutes	Easy Run 50-60 minutes	Lactate Threshold Tempo 15 minute warm-up 30 minute LT Tempo 15 minute cool-down	Easy Run 50-60 minutes	Easy Run 75 minutes	Easy Run 50-60 minutes	Moderate Rhythm Long Run 90-100 minutes at Moderate Pace
	Secondary	20-30 minute easy run	20-30 minute easy run		20-30 minute easy run		20-30 minute easy run	
	Strength	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	-
Week 8	**Primary**	Easy Run 30-40 minutes	Easy Run 50-60 minutes	Easy Run with Pick-Ups 60 minutes 6 x :30 pick-ups w 1:00 jog	Easy Run 40-50 minutes	Easy Run 30-40 minutes	Easy Run 20 minutes	**Half Marathon Race**
	Secondary	20-30 minute easy run	20-30 minute easy run					
	Strength	Leg Strength Circuit	Form Drill & Core Circuits	Core Circuit	Form Drill Circuits	Core Circuits	-	-

Easy Runs

Half Marathon Training Program

8 Weeks - 11 Runs Per Week

Moderate Duration

Category:	Recovery
Purpose:	promote recovery from stress workouts while maintaining or advancing cardiovascular fitness and adaptations to running
Workout:	between 20 and 90 minutes of easy running
Feel:	comfortable and relaxed, can easily carry on a conversation with training partner, never pushing the pace
Heart Rate:	65% to 75% of Heart Rate Max.
Pace Range:	see Easy pace on the "Aerobic Titan Pace Calculator"

Fast Repeats

Category:	Stress - Speed
Purpose:	improves speed, stride power and running economy
Workout:	Repeats of between :30 and 2:00, totaling 12 to 20 minutes
Recovery:	slow jog of 100% of repeat duration between repeats
Feel:	hard, quick, aggressive rhythm, but never straining
Heart Rate:	N/A (not a good guide for this workout)
Pace Range:	see Fast pace on the "Aerobic Titan Pace Calculator"

VO2 Max Repeats

Category:	Stress - Speed
Purpose:	improves maximum oxygen intake/utilization (VO2 Max) and stresses aerobic power
Workout:	Repeats of between 2:00 and 5:00, totaling 20 to 28 minutes
Recovery:	slow jog of 75% of repeat duration between repeats (up to 3:00 max)
Feel:	strong, hard rhythm, but smooth and controlled
Heart Rate:	98-100% of Maximum Heart Rate (after ramp up over first 60-90 seconds)
Pace Range:	see VO2 Max pace on the "Aerobic Titan Pace Calculator"

Groove Repeats

Category:	Stress - Speed
Purpose:	improves body's adaptations to running in a higher lactate environment and running at a high percentage of max. HR for extended periods of time
Workout:	Repeats of between 4:00 and 8:00, totaling 28 to 36 minutes
Recovery:	slow jog of 50% of repeat duration between repeats (up to 3:00 max)
Feel:	quick, strong rhythm; pressing but sustainable for moderate durations
Heart Rate:	93-97% of Maximum Heart Rate (after ramp up over first 60-90 seconds)
Pace Range:	see Groove pace on the "Aerobic Titan Pace Calculator"

Hill Repeats

Category:	Stress - Speed
Purpose:	improves stride power and running economy
Workout:	Repeats of between :30 and 2:00 up a hill, totaling 12 to 20 minutes
Hill:	moderate hill of 4-6% incline
Recovery:	slow jog back down the hill to starting spot
Feel:	hard, quick, aggressive rhythm, but never straining
Heart Rate:	N/A (not a good guide for this workout)
Pace Range:	pace will depend on incline and length of hill but approx. Groove to Lactate Threshold pace range on "Aerobic Titan Calculator"
Alternative:	Alternatively, this workout can be done on a treadmill, and doing recovery jog at 0% incline for 100% of the repeat duration

Lactate Threshold (LT) Tempo Run

Category:	Stress - Stamina
Purpose:	improves lactate threshold and efficiency at dissipating lactate; the ability to run at a quick pace for extended periods of time
Workout:	Continuous run of 24 to 30 minutes in your lactate threshold range

Half Marathon Training Program

8 Weeks - 11 Runs Per Week

Moderate Duration

Feel:	strong, smooth rhythm; pressing but sustainable for extended periods
Heart Rate:	88-92% of Maximum Heart Rate
Pace Range:	see Lactate Threshold pace on the "Aerobic Titan Pace Calculator"

Lactate Threshold (LT) Repeats

Category:	Stress - Stamina
Purpose:	improves lactate threshold and efficiency at dissipating lactate; the ability to run at a quick pace for extended periods of time
Workout:	Repeats of between 5:00 and 20:00, totaling 30 to 40 minutes
Recovery:	slow jog of 20% of repeat duration between repeats (up to 3:00 max)
Feel:	strong, smooth rhythm; pressing but sustainable for extended periods
Heart Rate:	88-92% of Maximum Heart Rate
Pace Range:	see Lactate Threshold pace on the "Aerobic Titan Pace Calculator"

Lactate Threshold (LT) Progression Run

Category:	Stress - Stamina
Purpose:	improves lactate threshold and efficiency at dissipating lactate; the ability to run at a quick pace for extended periods of time
Workout:	Continuous run of 24 to 30 minutes increasing in intensity/speed during the run
Feel:	starts off as a comfortably quick rhythm and gradually ramps up in intensity until reaching a quick, strong rhythm by the end
Heart Rate:	starts at approx 84-88% and ramps up to 93-97% of Maximum Heart Rate by the end
Pace Range:	Starts at Aerobic Threshold Pace and ramps up to Groove Pace - see "Aerobic Titan Pace Calculator "

Lactate Threshold (LT) Wave Tempo

Category:	Stress - Stamina
Purpose:	improves lactate threshold and efficiency at dissipating lactate; the ability to run at a quick pace for extended periods of time
Workout:	Continuous run of 24 to 30 minutes alternating intensities every 2-5 minutes between 2 different intensities
Feel:	alternates segments between a comfortably quick rhythm and a quick, strong rhythm
Heart Rate:	alternates segments between approx. 84-88% and 93-97% of Maximum Heart Rate
Pace Range:	alternates segments between Aerobic Threshold (AT) Pace and Groove Pace - see "Aerobic Titans Pace Calculator"

Aerobic Threshold (AT) Tempo

Category:	Stress - Stamina
Purpose:	improves aerobic threshold and efficiency at using energy sources; the ability to run at a quick pace for extended periods of time
Workout:	Continuous run of 48 to 60 minutes in your aerobic threshold range
Feel:	comfortably quick rhythm; strong but smooth and controlled
Heart Rate:	84-88% of Maximum Heart Rate
Pace Range:	see Aerobic Threshold pace on the "Aerobic Titan Pace Calculator"

Aerobic Threshold (AT) Repeats

Category:	Stress - Stamina
Purpose:	improves aerobic threshold and efficiency at using energy sources; the ability to run at a quick pace for extended periods of time
Workout:	Repeats of between 10:00 and 40:00, totaling 60 to 80 minutes
Recovery:	slow jog of 15% of repeat duration between repeats (up to 3:00 max)
Feel:	comfortably quick rhythm; strong but smooth and controlled
Heart Rate:	84-88% of Maximum Heart Rate
Pace Range:	see Aerobic Threshold pace on the "Aerobic Titan Pace Calculator"

Aerobic Threshold (AT) Progression Run

Category:	Stress - Stamina
Purpose:	improves aerobic threshold and efficiency at using energy sources; the ability to run at a quick pace for extended periods of time

Half Marathon Training Program

8 Weeks - 11 Runs Per Week

Moderate Duration

Workout:	Continuous run of 48 to 60 minutes increasing in intensity during the run
Feel:	starts off as a brisk rhythm and gradually ramps up in intensity until reaching a strong, smooth pressing but sustainable rhythm
Heart Rate:	starts at approx 80-84% and ramps up to 88-92% of Maximum Heart Rate by the end
Pace Range:	Starts at Brisk Pace and ramps up to Lactate Threshold Pace - see "Aerobic Titans Pace Calculator"

Aerobic Threshold (AT) Wave Tempo

Category:	Stress - Stamina
Purpose:	improves aerobic threshold and efficiency at using energy sources; the ability to run at a quick pace for extended periods of time
Workout:	Continuous run of 48 to 60 minutes alternating intensities every 5-10 minutes between 2 different intensities
Feel:	alternates segments between a brisk rhythm and a strong, smooth pressing but sustainable rhythm
Heart Rate:	alternates segments between approx. 80-84% and 88-92% of Maximum Heart Rate
Pace Range:	alternates segments between Brisk Pace and Lactate Threshold Pace - see "Aerobic Titans Pace Calculator "

Brisk Run

Category:	Stress - Stamina
Purpose:	improves the body's efficiency at using different energy sources; hardens the body & mind to longer durations at moderate intensities
Workout:	Continuous run of 60 to 100 minutes at a brisk rhythm (ease into pace/effort range over the first 5 minutes)
Feel:	brisk rhythm at a moderately strong intensity, focus is on staying as smooth and relaxed as possible at this pace
Heart Rate:	80-84% of Maximum Heart Rate
Pace Range:	see Brisk Pace on "Aerobic Titans Pace Calculator"

Moderate Rhythm Long Run

Category:	Stress - Endurance
Purpose:	improves glycogen storage capacity, improves energy usage efficiency, advances cardiovascular adaptations, hardens body and mind to extended efforts
Workout:	Continuous run of 90 to 200 minutes at a moderate rhythm
Feel:	comfortably and relaxed but never lagging rhythm (i.e. moderate rhythm), just a hair quicker than easy pace runs
Heart Rate:	75-79% of Maximum Heart Rate
Pace Range:	see Moderate Pace on "Aerobic Titans Pace Calculator"
Fueling:	Take 3-6 oz of fluids once every 20-30 minutes a gel/GU once every hour (if needed/desired)

Steady State Long Run

Category:	Stress - Endurance
Purpose:	improves glycogen storage capacity, improves energy usage efficiency, advances cardiovascular adaptations, hardens body and mind to extended efforts at a moderately quicker intensity
Workout:	Continuous run of 75 to 150 minutes at a moderate rhythm
Feel:	steady state effort, somewhat comfortable but with some sustainable intensity added
Heart Rate:	78-82% of Maximum Heart Rate
Pace Range:	see Steady State Pace on "Aerobic Titans Pace Calculator"
Fueling:	Take 3-6 oz of fluids once every 20-30 minutes a gel/GU once every hour (if needed/desired)

Tempo Long Run

Category:	Stress - Endurance/Stamina
Purpose:	improves energy usage efficiency at faster paces while in lower or partially depleted glycogen state, improves glycogen storage capacity, advances cardiovascular adaptations, hardens body and mind to running at quicker paces while tired/depleted
Workout:	Continuous run of 75 to 150 minutes with the first 20-40% at an Easy Pace, the middle 40-60% at between AT Pace or Brisk Pace, and the last 20-40% at Easy Pace
Feel:	the first and last segment at a comfortable and relaxed rhythm with the middle segment at a comfortably quick or brisk rhythm
Heart Rate:	65-75% of Maximum Heart Rate during the first and last segments and 80-88% during the middle segment
Pace Range:	see Easy Pace, Brisk Pace or Aerobic Threshold Pace on "Aerobic Titans Pace Calculator"
Fueling:	Take 3-6 oz of fluids once every 20-30 minutes a gel/GU once every hour (if needed/desired)

Half Marathon Training Program

8 Weeks - 11 Runs Per Week

Moderate Duration

Fast Finish Long Run	
Category:	Stress - Endurance/Stamina
Purpose:	improves energy usage efficiency at faster paces while in lower or partially depleted glycogen state, improves glycogen storage capacity, advances cardiovascular adaptations, hardens body and mind to running at quicker paces while tired/depleted
Workout:	Continuous run of 75 to 150 minutes with the first 60-80% at an Easy Pace, and the last 20-40% of the run at AT Pace or Brisk Pace
Feel:	the first segment at a comfortable and relaxed rhythm with the last segment at a comfortably quick rhythm
Heart Rate:	65-75% of Maximum Heart Rate during the first segment and 80-88% during the last segment
Pace Range:	see Easy Pace and Aerobic Threshold or Brisk paces on "Aerobic Titans Pace Calculator"
Fueling:	Take 3-6 oz of fluids once every 20-30 minutes a gel/GU once every hour (if needed/desired)

Note on Using HR *Note: if using Heart Rate as your guide it is important to know your actual Maximum Heart Rate as tested in the real world and not based on a formula. Heart rates can vary significantly from individual to individual of similar fitness and age. Also it is important to have a accurate and reliable heart rate monitor. It is recommended that heart rate, if used, be used in conjunction with pace or feel (or both).*

Core Circuit		
Push-Ups	2 sets of 10-50	See video on Aerobic Titans Marathon Club website
Bicycle Crunches	2 sets of 20-50	See video on Aerobic Titans Marathon Club website
Prone Alternate Arm Leg Raises	2 sest of 10-30	See video on Aerobic Titans Marathon Club website
Dynamic Plank	2 sets of :30 - 1:00	See video on Aerobic Titans Marathon Club website

Form Drill Circuit		
High Knees Drill	2 x 20-40 meters	See video on Aerobic Titans Marathon Club website
Butt Kicks Drill	2 x 20-40 meters	See video on Aerobic Titans Marathon Club website
B-Skips Drill	2 x 20-40 meters	See video on Aerobic Titans Marathon Club website
Karaoke Drill	2 x 20-40 meters	See video on Aerobic Titans Marathon Club website

Leg Strength Circuit		
Walking Lunges	2 x 15-20 meters	See video on Aerobic Titans Marathon Club website
Bench Step-Ups	2 x 10-20m (each leg)	See video on Aerobic Titans Marathon Club website
Lateral Band Walk	2 x 10-20m (each leg)	See video on Aerobic Titans Marathon Club website
Backwards Rail Walk	2 x 10-20 meters	See video on Aerobic Titans Marathon Club website