

Novice Half Marathon Training Plan

Weeks to go	Mon	Tue	Wed	Thu	Fri	Sat	Sun
16	Mon, Jan 16 Rest/Cross Train/Easy Run	Tue, Jan 17 Rest	Wed, Jan 18 20-30 min Walk/Run	Thu, Jan 19 20-30 min Walk/Run	Fri, Jan 20 Rest	Sat, Jan 21 ITC Haas Fine Arts 8:15 a.m. 2-3 miles	Sun, Jan 22 Rest/Cross Train/Easy Run
	Mon, Jan 23 Rest/Cross Train/Easy Run	Tue, Jan 24 Rest	Wed, Jan 25 30-35 min Walk/Run	Thu, Jan 26 20-30 min Walk/Run	Fri, Jan 27 Rest	Sat, Jan 28 ITC Haas Fine Arts 8:15 a.m. 3 miles	Sun, Jan 29 Rest/Cross Train/Easy Run
14	Mon, Jan 30 Rest/Cross Train/Easy Run	Tue, Jan 31 Rest	Wed, Feb 01 3 miles	Thu, Feb 02 2 miles	Fri, Feb 03 Rest	Sat, Feb 04 ITC Haas Fine Arts 8:15 a.m. 4 miles	Sun, Feb 05 Rest/Cross Train/Easy Run
	Mon, Feb 06 Rest/Cross Train/Easy Run	Tue, Feb 07 Rest	Wed, Feb 08 2 miles	Thu, Feb 09 3 miles	Fri, Feb 10 Rest	Sat, Feb 11 ITC Haas Fine Arts 8:15 a.m. 4 miles	Sun, Feb 12 Rest/Cross Train/Easy Run
12	Mon, Feb 13 Rest/Cross Train/Easy Run	Tue, Feb 14 Rest	Wed, Feb 15 3 miles	Thu, Feb 16 3 miles	Fri, Feb 17 Rest	Sat, Feb 18 ITC Haas Fine Arts 8:15 a.m. 5 miles	Sun, Feb 19 Rest/Cross Train/Easy Run
	Mon, Feb 20 Rest/Cross Train/Easy Run	Tue, Feb 21 Rest	Wed, Feb 22 4 miles	Thu, Feb 23 3 miles	Fri, Feb 24 Rest	Sat, Feb 25 ITC Haas Fine Arts 8:15 a.m. 6 miles	Sun, Feb 26 Rest/Cross Train/Easy Run
10	Mon, Feb 27 Rest/Cross Train/Easy Run	Tue, Feb 28 Rest	Wed, Mar 01 3 miles	Thu, Mar 02 3 miles	Fri, Mar 03 Rest	Sat, Mar 04 ITC Haas Fine Arts 8:15 a.m. 5 miles	Sun, Mar 05 Rest/Cross Train/Easy Run
	Mon, Mar 06 Rest/Cross Train/Easy Run	Tue, Mar 07 Rest	Wed, Mar 08 5 miles	Thu, Mar 09 3 miles	Fri, Mar 10 Rest	Sat, Mar 11 ITC Haas Fine Arts 8:15 a.m. 6 miles	Sun, Mar 12 Rest/Cross Train/Easy Run
8	Mon, Mar 13 Rest/Cross Train/Easy Run	Tue, Mar 14 Rest	Wed, Mar 15 4 miles	Thu, Mar 16 5 miles	Fri, Mar 17 Rest	Sat, Mar 18 ITC Haas Fine Arts 8:15 a.m. 7 miles	Sun, Mar 19 Rest/Cross Train/Easy Run
	Mon, Mar 20 Rest/Cross Train/Easy Run	Tue, Mar 21 Rest	Wed, Mar 22 5 miles	Thu, Mar 23 5 miles	Fri, Mar 24 Rest	Sat, Mar 25 ITC Haas Fine Arts 8:15 a.m. 8 miles	Sun, Mar 26 Rest/Cross Train/Easy Run
6	Mon, Mar 27 Rest/Cross Train/Easy Run	Tue, Mar 28 Rest	Wed, Mar 29 6 miles	Thu, Mar 30 4 miles	Fri, Mar 31 Rest	Sat, Apr 01 ITC Haas Fine Arts 8:15 a.m. 9 miles	Sun, Apr 02 Rest/Cross Train/Easy Run
	Mon, Apr 03 Rest/Cross Train/Easy Run	Tue, Apr 04 Rest	Wed, Apr 05 4 miles	Thu, Apr 06 4 miles	Fri, Apr 07 Rest	Sat, Apr 08 SPEED WORK Spring Fever 10k	Sun, Apr 09 Rest/Cross Train/Easy Run
4	Mon, Apr 10 Rest/Cross Train/Easy Run	Tue, Apr 11 Rest	Wed, Apr 12 5 miles	Thu, Apr 13 5 miles	Fri, Apr 14 Rest	Sat, Apr 15 ITC Haas Fine Arts 8:15 a.m. 10 miles	Sun, Apr 16 Rest/Cross Train/Easy Run
	Mon, Apr 17 Rest/Cross Train/Easy Run	Tue, Apr 18 Rest	Wed, Apr 19 5 miles	Thu, Apr 20 4 miles	Fri, Apr 21 Rest	Sat, Apr 22 ITC Haas Fine Arts 8:15 a.m. 12 miles	Sun, Apr 23 Rest/Cross Train/Easy Run
2	Mon, Apr 24 Rest/Cross Train/Easy Run	Tue, Apr 25 Rest	Wed, Apr 26 5 miles	Thu, Apr 27 Rest	Fri, Apr 28 Rest	Sat, Apr 29 ITC Haas Fine Arts 8:15 a.m. 10 miles	Sun, Apr 30 Rest/Cross Train/Easy Run
	1 1 week to go!	4 miles	Rest	2 miles	SCHEELS	Eat Pasta!	THE EC MARATHON



Note: All plans are open for interpretation and should be thought of as a framework. Some people like a lot of cross training, some like running up to 6 days a week and others still may only run 3 days a week in preparation for a marathon. Two of the most important things for any training plan is to *listen to your body* and *modify plans to work for you*. There are many resources on the web describing the overall idea of half marathon and marathon training, for instance Hal Higdon [Novice Half](#), [Intermediate Half](#), [Marathon Guides](#)

A beginner who has already run a 5k or 5 miler should be running 3 times a week **with one day a bit faster (red)** **one day easy (teal)** and **one day long (blue)**. Adding in additional days of running or cross training is suggested to fit your schedule and ability. Feel free to *exchange days* listed above as needed.

Outline of Terms and workouts All workouts should have a warm up and warm down

Easy/Recovery These runs are done for recovery, and are done at a pace just above warm-up and warm-down pace.

Long (blue). One day a week you will do a long run. These are designed to build endurance and follow a regular progression of adding mileage. These schedules show these long runs taking place Saturday mornings. Feel free to join a training group leaving the UWEC campus at 8:15am. [More Information](#).

Tempo Run Run at a comfortably hard pace for the middle part of the run. These runs are designed to increase your lactic threshold. These are typically longer sustained efforts, as opposed to the *on/off* nature of the 400's. In some cases it might make sense to break the tempo part of the run in half. For instance you could take a 30 minute tempo run and turn it into a 15 min tempo, 3 min easy, and another 15 minute tempo run at half marathon pace.

400's Can be done on a track or estimated for distance or time within a road run. The 400's are done at 10k pace (faster than your target pace for the race) and are followed by a 200-400 recovery that is jogged at a pace slower than your half marathon pace. These sessions are designed to get your body to understand different pacing, and to steadily build up your ability to run faster. Some people may just want to set a count-down timer and do a session where you run 2 minutes "on" and 2 minutes "off" for a set distance or set amount of times. Fartleks are a variation of this type of workout where the distances are varied throughout the workout

Hills Hills are done to in order to increase strength (and to practice for the hill in the last mile of the race!). You can choose a type of hill workout that works for you.

- Warm up, do repeats on a single hill, like State Street, Doty, Dodge or Gray Streets (East Hill). Hard up and easy down. If your total time on the way up starts to increase by more than 10% it would be best to stop.
- Run to a longer hill section, like the one in Carson from Dairy Queen to the fishing bridge. Warm up to the park, run up one hill and down the other, then return. Progressively do more passes as you build your strength throughout the build-up.
- Find a hillier route and attack each hill, making sure to increase your intensity as you crest the hill. You could also combine a hilly route with a tempo run.

SPEED WORK/RACE Many plans include a shorter race 4 to 5 weeks before a bigger goal. This is not essential, but does help those new to running races the chance to go through the race morning routine and to test their race pace in a race setting.