

Toronto Women's Half Marathon

HALF MARATHON SCHEDULE: 1:30 to 1:45

Use this schedule if running 28-36km (18-23 miles) per week by week 1.

Date	WEEK	MON.	TUE.		WED.	THU.	FRI.	SAT.	SUN.	TOTAL		NOTES:
	Phase	Rest/EZ	Dist.	Intensity	Rest/X-T	Easy	Moderate	Rest/X-T	Long			
	1	Endurance Building	OFF	6 10	Tempo Run	OFF or XT	6 10	3 5	OFF or XT	8 13	23 37	Miles Kilometers
	2	Endurance Building	OFF	7 11	Tempo Run	OFF or XT	6 10	3 5	OFF or XT	9 14	25 40	M K
	3	Endurance Building	3 5	5 8	Tempo Run	OFF or XT	7 11	3 5	OFF or XT	10 16	28 45	M K
	4	Endurance Building	OFF	6 10	Tempo Run	OFF or XT	7 11	3 5	OFF or XT	10 16	26 42	M K
	5	Endurance Building	3 5	5 8	Tempo Run	OFF or XT	8 13	3 5	OFF or XT	8 13	27 43	M K
	6	Endurance Building	OFF	7 11	Tempo Run	OFF or XT	6 10	3 5	OFF or XT	10 16	26 42	M K
	7	Strength Building	3 5	6 10	7R HILLS	OFF or XT	8 13	3 5	OFF or XT	11 18	31 50	M K
	8	Strength Building	OFF	7 11	8R HILLS	OFF or XT	9 14	3 5	OFF or XT	8 13	27 43	M K
	9	Strength Building	3 5	7 11	9R HILLS	OFF or XT	7 11	3 5	OFF or XT	11 18	31 50	M K
	10	Strength Building	OFF	7 11	10R HILLS	OFF or XT	6 10	3 5	OFF or XT	11 17	27 43	M K
	11	Speed Building	3 5	6 10	Fartlk 8x2min	OFF or XT	5 8	3 5	OFF or XT	13 21	30 48	M K
	12	Speed Building	OFF	6 10	Intrvl 4x1km	OFF or XT	8 13	3 5	OFF or XT	9 14	26 42	M K
	13	Speed Building	3 5	6 10	Fartlk 8x3min	OFF or XT	7 11	3 5	OFF or XT	13 21	32 52	M K
	14	Speed Building	OFF	7 11	Intervl 5x1km	OFF or XT	8 13	3 5	OFF or XT	11 18	29 47	M K
	15	Speed Building	3 5	7 11	Intrvl 9x800	OFF or XT	9 14	3 5	OFF or XT	14 23	36 58	M K
	16	Speed & Taper	OFF	6 10	Intrvl 9x400	OFF or XT	10 16	3 5	OFF or XT	9 14	28 45	M K
	17	Taper	OFF	6 10	Race Pace	OFF or XT	5 8	OFF	OFF	13 21	24 39	M K RACE DAY

For Tues. Intensity workouts

A Tempo Runs: do 2km or more easy warmup, then (the km # above) at a faster pace (harder to talk during), then 2k cool down
 B Hills: 1-2k warm-up then the R# above in 45-50 second surges uphill... rest by jogging down/ do 1k cool down
 C Speed/Fartlek Runs: 8x2s = Warmup then 8 repeats of 2min. surges on flat terrain/jog recovery/cool down
 D Interval Runs: do Warm-up then whatever distance & no. of repeats at 5-6min/km, with a 2min rest (walk or jog) in between

If you prefer to run on days other than above, just copy and paste columns as preferred.

Times below are ranges - you may run comfortably anywhere within a range for each type of run - try different ones to learn yours.

Moderate Pace = 4:30-5:10/km

Long Run = 4:50-5:40 min/km

RACE DAY PACE: 4:15-5:00 min/km = 1:30 to 1:45 Half Marathon finish

Notes:
