Toronto Women's Half Marathon

HALF MARATHON SCHEDULE: 1:45 to 2 hrs

Use this schedule if running 22-30km (13-18 miles) per week by week 1.

		WEEK	MON.	TUE.		WED.	THU.	FRI.	SAT.	SUN.	TOTAL		
Date		Phase	Rest	Dist.	Intensity	Rest/X-T	Rest/EZ	Moderate	Rest/X-T	Long			**NOTES:**
	1	Endurance Building	OFF	5 8	Tempo Run	OFF or XT	OFF	5 8	OFF or XT	8 13	18 29	Miles Kilometers	
	2	Endurance Building	OFF	6 10	Tempo Run	OFF or XT	OFF	5 8	OFF or XT	9 14	20 32	M K	
	3	Endurance Building	OFF	4 6	Tempo Run	OFF or XT	3 5	6 10	OFF or XT	10 16	23 37	M K	
	4	Endurance Building	OFF	6 10	Tempo Run	OFF or XT	3 5	6 10	OFF or XT	9 14	24 39	M K	
	5	Endurance Building	OFF	4 6	Tempo Run	OFF or XT	3 5	7 11	OFF or XT	10 16	24 39	M K	
	6	Endurance Building	OFF	6 10	Tempo Run	OFF or XT	3 5	5 8	OFF or XT	11 17	25 40	M K	
	7	Strength Building	OFF	5 8	5R HILLS	OFF or XT	3 5	7 11	OFF or XT	10 18	25 42	M K	
	8	Strength Building	OFF	5 8	6R HILLS	OFF or XT	3 5	8 13	OFF or XT	10 16	26 42	M K	
	9	Strength Building	OFF	6 10	7R HILLS	OFF or XT	3 5	6 10	OFF or XT	11 18	26 42	M K	
	10	Strength Building	OFF	6 10	8R HILLS	OFF or XT	3 5	5 8	OFF or XT	11 17	25 40	M K	
	11	Speed Building	OFF	5 8	Fartlk 8x2min	OFF or XT	3 5	4 6	OFF or XT	12 19	24 39	M K	
	12	Speed Building	OFF	5 8	Intrvl 3x1km	OFF or XT	3 5	7 11	OFF or XT	13 21	28 45	M K	
	13	Speed Building	OFF	6 10	Fartlk 6x3min	OFF or XT	3 5	6 10	OFF or XT	13 21	28 45	M K	
	14	Speed Building	OFF	6 10	Intervl 4x1km	OFF or XT	3 5	7 11	OFF or XT	11 17	27 43	M K	
	15	Speed Building	OFF	6 10	Intrvl 6x800	OFF or XT	3 5	8 13	OFF or XT	12 20	29 47	M K	
	16	Speed & Taper	OFF	5 8	Intrvl 9x400	OFF or XT	OFF	9 14	OFF or XT	9 14	23 37	M K	
	17	Taper	OFF	5 8	Race Pace	OFF or XT	OFF	5 8	OFF	13 21	23 37	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 = 5:10-5:50 min/km (= 8:15-9:20 min/mile) | **Long Run = 5:50-6:30 min/km (= 9:20-10:30 min/mile)**

RACE PACE: 5:00-5:45 min/km (8:00-9:10 min/mile) = 1:45 to 2hr Half Marathon finish

Notes: