

Toronto Women's Half Marathon

HALF MARATHON SCHEDULE: 2:15-2:30 hrs

Use this schedule if running 0-12 km/wk (0-8 mi/wk) per week by week 1.

Date	WEEK	MON.	TUE.		WED.	THU.	FRI.	SAT.	SUN.	TOTAL	NOTES:
	Phase	Rest	Dist.	Intensity	Rest/X-T	Moderate	Rest	Rest/X-T	Long		
	1	Endurance Building	OFF	OFF	OFF or XT	3	OFF	OFF or XT	4	7	Miles
						5			6	11	
	2	Endurance Building	OFF	OFF	OFF or XT	3	OFF	OFF or XT	5	8	M
						5			8	13	
	3	Endurance Building	OFF	OFF	OFF or XT	3	OFF	OFF or XT	6	9	M
						5			10	14	
	4	Endurance Building	OFF	OFF	OFF or XT	4	OFF	OFF or XT	4	8	M
						6			6	13	
	5	Endurance Building	OFF	2 Easy Run	OFF or XT	3	OFF	OFF or XT	5	10	M
				3		8			16	K	
	6	Endurance Building	OFF	3 Easy Run	OFF or XT	4	OFF	OFF or XT	6		13
				5		10			21	K	
	7	Endurance Building	OFF	3 Easy Run	OFF or XT	5	OFF	OFF or XT	6		14
				5		10			23	K	
	8	Endurance Building	OFF	3 Easy Run	OFF or XT	3	OFF	OFF or XT	7		13
				5		11			21	K	
	9	Endurance Building	OFF	3 Tempo Run	OFF or XT	4	OFF	OFF or XT	5		12
				5		8			19	K	
	10	Endurance Building	OFF	3 Tempo Run	OFF or XT	5	OFF	OFF or XT	6		14
				5		10			23	K	
	11	Endurance Building	OFF	4 Tempo Run	OFF or XT	4	OFF	OFF or XT	7		15
				6		11			24	K	
	12	Endurance Building	OFF	4 Tempo Run	OFF or XT	5	OFF	OFF or XT	8		17
				6		13			27	K	
	13	Endurance Building	OFF	5 Tempo Run	OFF or XT	5	OFF	OFF or XT	9		19
				8		14			31	K	
	14	Strength Building	OFF	3 4R HILLS	OFF or XT	6	OFF	OFF or XT	7		16
				5		11			26	K	
	15	Strength Building	OFF	4 5R HILLS	OFF or XT	4	OFF	OFF or XT	9		17
				6		14			27	K	
	16	Strength Building	OFF	5 6R HILLS	OFF or XT	5	OFF	OFF or XT	10		20
				8		16			32	K	
	17	Strength Building	OFF	5 7R HILLS	OFF or XT	5	OFF	OFF or XT	11		21
				8		18			34	K	
	18	Speed Building	OFF	4 Fartlk 6x2min	OFF or XT	6	OFF	OFF or XT	8		18
				6		13			29	K	
	19	Speed Building	OFF	4 Intervl 3x800m	OFF or XT	4	OFF	OFF or XT	12		20
				6		19			32	K	
	20	Speed Building	OFF	5 Fartlk 6x3min	OFF or XT	5	OFF	OFF or XT	10		20
				8		16			32	K	
	21	Speed Building	OFF	5 Intervl 3x800m	OFF or XT	6	OFF	OFF or XT	9		20
				8		21			39	K	
	22	Speed Building	OFF	5 Intrvl 4x4min	OFF or XT	5	OFF	OFF or XT	11		21
				8		17			33	K	
	23	Speed & Taper	OFF	5 Intrvl 5x400	OFF or XT	7	OFF	OFF or XT	9		21
				8		14			33	K	
	24	Taper	OFF	4 Race Pace	OFF or XT	4	OFF	OFF	13		21
				6		21			34	K RACE DAY	

If a new or very novice runner, it might be helpful to use the Run/Walk approach, at least to get started; maybe even use it for long runs. RUN/WALK approach...alternate jogging (slow running) for 2 or 3 minutes then walking for 1... Repeat for entire time or distance of run. Each week as this becomes more comfortable, add 1-2 minutes to the run segments while maintaining the walk break at 1 min. Continue the Run/Walk for Long Runs, but see if you can run continuously for short runs to build your endurance.

- 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 workouts in this schedule are optional if training is going well. If you're struggling by week 18, run the km at usual pace. Speed/Fartlek Runs: do 1-2k warmup then the # of surges above for # of min. - done 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

Note: 'XT' = Crosstraining (biking, Elliptical, aerobics, XC skiing etc)...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 = 6:35-7:20 min/km (= 10:30-11:45 min/mile) **Long Run = 7:20-8 min/km (= 11:45-13 min/mile)**

RACE PACE: 6:30-7:10 min/km (10:20-11:30 min/mile) = 2:15-2:30 hr Half Marathon finish