

In Stride Running

½ Marathon Training Plan

****Use at your own risk****

*****This is a 3-Month Training Plan suited for someone who has been running 3-5 times per week for 2-3 months and can do a long run of at least 6 miles*****

*****At the end of this training plan, give yourself at least 1 week to taper prior to your race*****

Please visit my **“Training Cycle for Runners”** and **“Effort vs. Pace”** blog posts to become familiar with the different training runs mentioned in this plan and what **“Effort”** refers to.

This plan provides training runs for 5-Days per week. Day 1 doesn't necessarily have to be Monday, feel free to adjust as need. Please give yourself one easy day in-between harder days.

While following this plan you will probably feel yourself becoming tired and fatigued – that is okay. However, if the tiredness and fatigue are to the point where you cannot complete the workout, take a day off or cross train on the easy days.

[SEE NEXT PAGE FOR THE FIRST MONTH OF THE TRAINING PLAN](#)

MONTH 1:

Week 1:

Day 1: 3-4 mile run @ 50% effort. Plus 2 sets of 3 minutes at 80% effort with 2 minute jog in-between. 5 minute cool down jog.

Day 2: 3 - 5 miles @ 50% effort

Day 3: 1 mile warm up. 10 minute Tempo Run at 70—75% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each one. 1 mile cool down jog.

Day 4: Cross Train for 30 minutes

Day 5: 6-7 mile long run at 50% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each one. 1 mile cool down jog.

Week 2:

Day 1: 4—6 mile run (choose a hilly course). Do your main run at 50% effort and then increase your effort to 70-80% as you climb the hills. (See alternate options for hill workouts within my “**Training Cycle for Runners**” blog post. Incorporate one of these if you do not have many or any hills in your area).

Day 2: 3-5 miles at 50% effort

Day 3: 2 mile run at 50% effort. Plus 10 minute Tempo Run at 70—75% effort.

Day 4: Cross Train for 30 minutes

Day 5: 8 mile run at 60% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each.

Week 3:

Day 1: 2 mile warm up jog. Then do 3 sets of 5 minutes at 80% effort with 2 minute jog in-between. 5 minute cool down jog.

Day 2: 3-5 miles at 50% effort

Day 3: 1 mile warm up. Plus 15 minute Tempo Run at 70-75% effort

Day 4: Cross Train

Day 5: 8 mile run at 60% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each.

Week 4:

Day 1: 7 miles at 60% effort

Day 2: 3-5 miles at 50% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each.

Day 3: 1 mile warm up jog. 8 x 2 minute Hill Repeats at 80% effort. (See alternate options for hill workouts within my “**Training Cycle for Runners**” blog post. Incorporate one of these if you do not have many or any hills in your area.)

Day 4: Cross Train

Day 5: 8 mile run at 60% effort. Plus 5 minutes of Tempo at 70-75% effort. 5 Minute cool down.

MONTH 2:

Week 1:

Day 1: 3-4 mile run @ 50% effort. Plus 2 sets of 5 minutes at 80% effort with 2 minute jog in-between. 5 minute cool down jog.

Day 2: 3 - 5 miles @ 50% effort

Day 3: 2 mile warm up. 15 minute Tempo Run at 70—75% effort. 1 mile cool down jog.

Day 4: Cross Train for 30 minutes

Day 5: 9 mile long run at 50% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each one.

Week 2:

Day 1: 6 mile run (choose a hilly course). Do your main run at 50% effort and then increase your effort to 70-80% as you climb the hills. (See alternate options for hill workouts within my “**Training Cycle for Runners**” blog post. Incorporate one of these if you do not have many or any hills in your area.

Day 2: 3-5 miles at 50% effort

Day 3: 2 mile run at 50% effort. Plus 15 minute Tempo Run at 70—75% effort.

Day 4: 3-5 miles at 50% effort or 45 minutes Cross Train

Day 5: 9 mile run at 60% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each.

Week 3:

Day 1: 2 mile warm up jog. Then do 2 set of 2 minutes at 80% effort with 1 minute jog in-between, then do 5 sets of 1 minutes at 90% effort with 2 minute jog in-between set. 5 minute cool down jog.

Day 2: 3-5 miles at 50% effort

Day 3: 1 mile warm up. Plus 20 minute Tempo Run at 70-75% effort

Day 4: Cross Train for 30 minutes

Day 5: 10 mile run at 60% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each.

Week 4:

Day 1: 7 miles at 60% effort

Day 2: 3-5 miles at 50% effort. Plus 6 x 1 minute at 90% effort with 1 minute jog in-between.

Day 3: Cross Train for 45 minutes

Day 4: 5 miles at 50%

Day 5: 7 mile run at 60% effort. Plus 10 minutes of Tempo at 70-75% effort. 5 Minute cool down.

MONTH 3:

Week 1:

Day 1: 4 mile run @ 50% effort. Plus 5 sets of 2 minutes at 80% effort with 2 minute jog in-between. 5 minute cool down jog.

Day 2: 3 - 5 miles @ 50% effort

Day 3: 2 mile warm up. 25 minute Tempo Run at 70—75% effort. 1 mile cool down jog.

Day 4: Cross Train for 45 minutes

Day 5: 11 mile long run at 50% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each one.

Week 2:

Day 1: 8 mile run at 60% effort

Day 2: 1 mile warm up. 5 x 2 minutes at 80% effort with 2 minute jog in-between. Plus 5 x 1 minutes at 90% effort with 1 minute jog in-between.

Day 3: 5 miles at 50% effort

Day 4: Cross Train for 45 minutes

Day 5: 11 mile long run at 60% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each one.

Week 3:

Day 1: 8 mile run at 60% effort

Day 2: 2 miles at 50% effort, plus 30 minute Tempo Run at 70—75% effort. 1 mile cool down jog.

Day 3: 5 mile run at 50% effort

Day 4: Cross Train for 45 minutes

Day 5: 12 mile run at 50% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each.

Week 4:

Day 1: 8 mile run at 60% effort

Day 2: 3-5 miles at 50% effort. Plus 10 x 1 minute at 90% effort with 1 minute jog in-between. 1 mile cool down.

Day 3: Cross Train for 45 minutes

Day 4: 5 miles at 50%

Day 5: 13 mile run at 60% effort. Plus 5 x 30 second sprints with 30 sec. jog in-between each.