

Half Marathon Training 11 Week Program

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Geared to the Cornwall 21.1K on April 25, 2020

Week	Sat	Sun	Mon	Tue	Wed	Thurs	Fri	Total
Feb 08	LSD 10k	Off	Tempo 4k	Steady 5k	3 Hills 2.5k	Off	Steady 3k	24.5k
Feb 15	LSD 10k	Off	Tempo 4k	Steady 5k	4 Hills 3k	Off	Steady 4k	26k
Feb 22	LSD 12k	Off	Tempo 4k	Steady 6k	5 Hills 4k	Off	Steady 4k	30k
Feb 29	LSD 14k	Off	Tempo 4k	Steady 6k	6 Hills 5k	Off	Steady 5k	34k
Mar 07	LSD 16k	Off	Tempo 5k	Steady 7k	7 Hills 5.5k	Off	Steady 5k	38.5k
Mar 14	LSD 16k	Off	Tempo 5k	Steady 7k	8 Hills 6k	Off	Steady 6k	40k
Mar 21	LSD 12k	Off	Tempo 5k	Steady 8k	9 Hills 7k	Off	Steady 6k	38k
Mar 28	LSD 18k	Off	Tempo 6k	Steady 8k	Speed 2x1.6 9k	Off	Steady 6k	47k
Apr 04	LSD 18k	Off	Tempo 6k	Steady 8k	Speed 3x1.6 11k	Off	Steady 6k	49k
Apr 11	LSD 20k	Off	Tempo 6k	Steady 8k	Speed 4x1.6 12k	Off	Steady 6k	52k
Apr 18	LSD 6k	Off	Race Pace 10k	Race Pace 6k	Off	Off	Steady 3k	25k
Apr 25	Race Day							

LSD: Long Slow Distance; Run 10 min/walk 1 min

Tempo Runs: 80% of Max heart rate for 60-80% of distance

Steady Run: 70% Max heart rate

Hills: 80% Max heart rate

Speed: 95% Max heart rate, 500 m @95% , walk recover, 500m etc. (3k warm up, 3k cool down included in total distance)

RECOVERY an important part during and after each exercise !!

Pace Schedule:	Long Run(LSD)	Steady Run	Tempo	Speed	Race	Walk	Adjusted Race Pace
Complete 2:00h	6:34-7:23	6:34	5:55	5:10	5:41		5:27
Complete 2:15h	7:19-8:12	7:19	6:36	5:46	6:24		6:09