



12-WEEK TRAINING PLAN: HALF MARATHON



CREATED BY BROOKS BEASTS HEAD COACH DANNY MACKEY

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20-35 min easy run , no pace given.	30-40 min @ easy pace . 6x hard paced sprints that last 15 sec in duration with a 1 min recovery at the end of the run.	OFF/ Recovery Day	35-50 min @ moderate pace .	10 min warm-up . 6x 30 sec sprints uphill @ hard pace , walk down for recovery. 10 min cool-down .	OFF/ Recovery Day	45-60 min run @ moderate pace .
WEEK 2	25-40 min @ recovery pace .	15 min warm-up . 2-3x 4 min @ 20-30 sec slower than goal pace (GP) with 2 min rest. 15 min cool-down .	OFF/ Recovery Day	40-55 min @ moderate pace . After run, core workout.	10 min warm-up . 2x 1 mile, @ GP , w/2 min rest. 5x 60 sec hills @ hard pace w/slow jog down for recovery. 10 min cool-down .	OFF/ Recovery Day	6-8 mile run @ easy pace .
WEEK 3	30-45 min @ recovery pace .	15 min warm-up . 4-5x 3 min @ 5 sec faster than GP with 2 min rest. 15 min cool-down .	OFF/ Recovery Day	45-60 min @ moderate pace . After run, core workout.	15 min warm-up . 10x 1 min @ hard pace, 1 min @ recovery pace, 15 min cool-down .	OFF/ Recovery Day	7-9 mile run @ easy pace .
WEEK 4	4-6 miles @ recovery pace .	15 min warm-up . 5x alternating hills. Each set will include a 90 sec hill @ moderate-hard pace and a 15 sec hill, sprint w/jog down for recovery after 90 sec hill/walk down after 15 sec hill.	OFF/ Recovery Day	6-8 miles @ moderate pace . After run, core workout.	15 min warm-up . 2x 1.5 miles @ 10 secs slower than GP w/3 min recovery pace , 1 mile @ 5 sec slower than GP w/3 min recovery pace , 800m @ 15 sec faster than GP w/4 min recovery pace . 15 min cool-down .	OFF/ Recovery Day	8-10 mile run @ easy pace .
WEEK 5	5-7 miles @ recovery pace .	2 miles warm-up 2x 2 miles @ 10-15 sec faster than GP w/1 mile recovery pace between each. 1-2 mile cool-down .	OFF/ Recovery Day	7-9 miles @ moderate pace . After run, core workout.	10 min warm-up . 6 miles @ GP . 10 min cool-down .	OFF/ Recovery Day	8-10 mile run @ easy pace .

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6	5-7 miles @ recovery pace .	15 min warm-up . 12x 200m with a 200m slow jog for recovery. The goal is to run each 200m quicker or the same time as the previous 200m. 15 min cool-down .	OFF/ Recovery Day	7-9 miles @ moderate pace . After run, core workout.	10 min warm-up . 6 miles @ GP . 10 min cool-down .	OFF/ Recovery Day	9-11 miles @ easy pace .
WEEK 7	5-7 miles @ recovery pace .	15 min warm-up . 6x 800m @ 5-10 sec per mile quicker than GP with equal rest. 15 min cool-down .	OFF/ Recovery Day	7-9 miles @ moderate pace . After run, core workout.	10 min warm-up , 3 miles @ GP , 2 miles @ 5 sec faster than GP , 1 mile @ 10-15 sec faster than GP with 3 min slow jogging recovery between. 10 min cool-down .	OFF/ Recovery Day	10-12 miles @ easy pace .
WEEK 8	5-7 miles @ recovery pace .	15 min warm-up . 8x 400m @ 5K race pace or slightly faster than 10K race pace w/2 min recovery pace in between. 15 min cool-down .	OFF/ Recovery Day	4-6 miles @ moderate pace . After run, core workout.	10 min warm-up . 6x 100m @ easy pace , 10 min easy jogging.	10K or 5K race .	OFF/ Recovery Day
WEEK 9	5-7 miles @ recovery pace .	15 min warm-up . 7x alternating hills. Each set will include a 90 sec hill @ moderate-hard pace and a 15 sec hill @ sprint . Jog down after 90 sec hill/walk down after 15 second hill. 15 min cool-down .	OFF/ Recovery Day	7-9 miles @ moderate pace . After run, core workout.	10 min warm-up . 2x 4 miles @ GP w/5 min @ easy pace in between. 10 min cool-down .	OFF/ Recovery Day	11-13 mile run @ easy pace .
WEEK 10	5-7 miles @ recovery pace .	6-8 mile run w/12x 100m strides, no goal time, after run.	15 min warm-up . 8x 800m @ 5-10 sec per mile quicker than GP with equal rest. 15 min cool-down .	OFF/ Recovery Day	7-9 miles moderate pace . After run core workout.	OFF/ Recovery Day	13-15 mile run @ easy pace . Last 3 miles are 5 seconds faster than GP . This is a great run to practice nutrition.
WEEK 11	5-7 miles @ recovery pace .	15 min warm-up . 10x 400m @ 5K race pace or slightly faster than 10K race pace w/2 min recovery pace between. 15 min cool-down .	OFF/ Recovery Day	7-9 miles @ moderate pace . After run, core workout.	10 min warm-up . 4 miles @ GP w/4 min rest. 6x 200m each 200m same as or quicker than the last 90 sec rest between w/4 min rest. 3 miles at GP . 10 min cool-down .	OFF/ Recovery Day	8-10 miles @ easy pace .
WEEK 12	5-7 miles @ recovery pace .	6-8 mile run with 6-8x 30 sec strides, no goal time, rest between as you want to feel good after run.	15 min warm-up . 2 miles @ 5-10 sec faster than GP . 4x 400m @ 5K race pace or slightly faster 10K race pace w/2 minutes @ recovery pace . 1-2 miles @ GP . 15 min cool-down .	OFF/ Recovery Day	4-6 mile run @ moderate pace . After run, core workout.	10 min warm-up . 6x 100m @ easy pace to flush out legs. 10 min easy jogging.	RACE DAY!

PACE DEFINITIONS:

EASY PACE – This can be your “default” pace and try not to pay attention to your watch, just run relaxed and off feel. You should be able to carry a conversation. On a 1 to 10 scale, 1 being a walk, 10 being an all out race effort, this is a 3-4 out of 10 effort.

MODERATE PACE – This should be markedly faster than your Easy Pace but should be much easier than a sprint and much less intense. You should be able to maintain this pace for an entire run if you were to focus. You should be able to say a full sentence but not carry on a conversation. Effort is a 5-6 out of 10.

HARD PACE – This should be faster than moderate pace. You’ll push yourself to run this hard pace for shorter intervals at various times in the training plan. You’ll want to practice good form while staying mentally tough to practice pushing through discomfort at this faster speed. You can say a few words but not a full sentence. Effort is an 8-9 out of 10.

GOAL PACE [GP] – Use the pace calculator to determine your time per mile based on your goals. This will help you determine what your race pace is for your workouts. This is a 10 out of 10 effort wise.

RECOVERY PACE – Your body can help you determine what Recovery Pace is for you. Used mostly in workouts after hard or fast intervals, recovery pace is slow and steady, usually slower than your Easy Pace. This is meant to keep your heartrate up and your body warm while giving your systems the chance to recover and reset. Effort wise this is a 2 out of 10. Slower is better, don’t worry about pace here, the aim is to recover.

PICKUPS – These are short efforts. You can think of these as controlled sprints where you work on speed and your form. Use these as an opportunity to be athletic and get back to your pure speed.

WARM-UP / COOL-DOWN - Easy jogging and a few shorter, faster intervals to get your body ready for a workout, and easy jogging to recover once you’re done.

