

Half

Marathon

Training

Guide



This training guide was created by Rob Watson. A 4×Canadian National Champion, 9×Canadian National Team member, and proud lululemon ambassador.



Training Terms

Easy Run Pace

You'll spend most of your training at this pace: "easy" or "aerobic". 90-95% of your 10 km race is aerobic. Easy running is a comfortable, conversational pace and can vary daily, depending on how you're feeling. You should never feel like you are "pushing" to hit paces on easy runs.

Tempo Run

Get comfortable feeling uncomfortable. Tempo runs should feel comfortably hard. They're done at an effort level at which your body is able to clear as much lactate as it produces. The general rule of thumb is that tempo pace is the pace that you could hold for a 60 min race.

Interval Training Paces

Interval pace is a speed you can maintain for 10-15 minutes at max effort. Intervals are shorter reps with a bigger rest ratio. Pace is faster than 10 km race pace and each rep should burn.

Strides

They're short 15-25 second sprints that loosen up your body and get it ready to go fast.

They're done in sets of 4-10 and start at 5 km race pace and work up to 10 km race pace.

Strides can be done before or after a run, or at the end of your warm up.

Hills

Hill work is a fairly low impact way to increase power, increase running economy and build speed. Longer hill reps can be great to help build power, while shorter reps will develop speed and power. Hills also burn. They'll make you tough.

Warm Up

The purpose of the warm-up is to get the muscles warm, the blood flowing and to loosen up the legs. It can be as slow as you need it to be.

Cool Down

During your run you accumulated lactate in the legs. A slow jog keeps the blood moving to your tired muscles and helps start the recovery process. Slow and easy is the name of the game.

Long Run

Long runs are some of the most important runs you'll do. Every training plan, no matter the distance, will incorporate a weekly long run. These runs range from 60 min-3 hrs based on your fitness level and racing goals. They increase your endurance and aerobic capacity, improve your cardiovascular system's efficiency, and increase your body's ability to store fuel by increasing the amount of glycogen stored in your muscles and liver.

Yoga

Runners are generally pretty tight, especially in our hips, hamstrings, and calves. Runners usually have weak glutes. So, yoga is a great way to increase mobility and add some strength in a non-impactful, relatively stress-free way. Pigeon pose and Warrior sequence are great for your hips and quads. Downward dog hits the calves and hamstrings.

Go to week:

1

2

3

4

5

6

7

8

9

10

11

12

13

14

Week 1

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run

6-8 km

WED

Yoga

THU

Workout

Warm up with strides
10×1 min on 1 min off at interval pace

FRI

Rest Day

SAT

Rest Day

SUN

Long Run

8-12 km



BACK TO TOP

Week 2

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

10×90 sec on, 90 sec off at interval pace

WED

Yoga or Active Recovery

THU

Easy Run

6-8 km

FRI

Rest Day

SAT

Workout

Easy warm up jog
4×5 min with 90 sec jog rest
Easy cool down jog

SUN

Easy Long Run

8-12 km



BACK TO TOP

Week 3

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

8×2 min on, 1 min off at tempo pace

WED

Yoga or Active Recovery

THU

Easy

6-8 km

FRI

Rest Day

SAT

Workout

Easy warm up jog
4×5 min with 90 sec jog rest
Easy cool down jog

SUN

Long Run

10-14 km



BACK TO TOP

Week 4

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

8×1 km with 90 sec rest between. Start at race pace, cut down to race pace minus 5-10 sec for the last few.

WED

Yoga or Active Recovery

THU

Easy

6-8 km

FRI

Rest Day

SAT

Hills

8×60 sec hills

SUN

Long Run

10-14 km



BACK TO TOP

Week 5

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run

8 km

4×30 sec on, 30 sec off

WED

Yoga or Active Recovery

THU

Easy Run

8-10 km

FRI

Rest Day

SAT

Optional Easy Run

8-10 km

SUN

Long Run

14-15 km



BACK TO TOP

Week 6

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

4×30 sec on, 30 sec off
2 min rest
4×60 sec on, 60 sec off
2 min rest
4×90 sec on, 60 sec off at interval pace.

WED

Rest Day

THU

Easy Run

6-8 km

FRI

Rest Day

SAT

Workout

30 min at tempo pace

SUN

Long Run

15 km



BACK TO TOP

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

12×90 sec on
60 sec rest at interval pace

WED

Yoga or Active Recovery

THU

Workout

6×1 km at 10 km race pace with 1 min walk recovery

FRI

Easy Run

8 km

SAT

Rest Day

SUN

Race / Time Trial

Do a 10 km time trial at goal race pace



Week 8

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run

8 km

WED

Optional Easy Run or Yoga

Yoga or 6 km easy

THU

Easy Run

8 km

FRI

Rest Day

SAT

Easy Run

8 km

SUN

Long Run

16-18 km



BACK TO TOP

Week 9

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

12×2 min on, 1 min off
2 at 10 km race pace, 10 at interval pace

WED

Yoga or Active Recovery

THU

Workout

40 min at tempo pace

FRI

Rest Day

SAT

Easy Run

8 km

SUN

Long Run

16-18 km



BACK TO TOP

Week 10

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

15 min easy

2×90 sec

4×60 sec

4×30 sec

4×15 sec

All at interval pace

15 min easy

WED

Yoga or Active Recovery

THU

Easy Run

8 km

FRI

Rest Day

SAT

Tempo Run

3 km, 2 min jog

2.5 km, 2 min jog

2 km, 2 min jog

SUN

Long Run

18-20 km



BACK TO TOP

Week 11

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

2×4 min-1 min-3 min-1 min-2 min-1 min
at interval pace with 60 sec recovery jog between

WED

Yoga or Active Recovery

THU

Easy Run

8 km

FRI

Rest Day

SAT

Workout

2 km easy
8-10 km at tempo pace
2 km easy

SUN

Long Run

21 km



BACK TO TOP

Week 12

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

8-10×1 km at interval pace, 2 min rest between each

WED

Yoga or Active Recovery

THU

Easy Run

8 km

FRI

Rest Day

SAT

Workout

2 km easy

8-10 km at tempo pace

2 km easy

SUN

Long Run

21 km



BACK TO TOP

Week 13

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

2×90 sec

4×60 sec

4×30 sec

4×15 sec

All at interval pace

WED

Yoga or Active Recovery

THU

Easy Run

8 km

FRI

Rest Day

SAT

Workout

1 km at interval pace

2 min jog

6 km at goal race pace

3 min jog

1k at interval pace

SUN

Long Run

12 km



BACK TO TOP

MON
Mindful / Mental Prep
Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE
Workout
5×1 km at 10 km race pace with 90 sec rest

WED
Yoga or Active Recovery

THU
Easy Run
6-8 km

FRI
Rest Day

SAT
Workout
2 km easy
8-10 km at tempo pace
2 km easy

SUN
Goal Race
21.1 km

