

2nd Sole Cleveland Half Marathon Training Plan

Cycle 1

Week 6

2-5: 1.5mi warmup, 20 minutes at goal half marathon pace, 1.5mi cooldown
2-7: 1.5 mile warmup, 3 x 1000m @ 10k pace w/ 3:00 rest, 1.5 mile cooldown
2-9: 7 miles easy

Week 7

2-12: 1.5 mile warmup, 20 minutes at goal half marathon pace, 1.5 mile cooldown
2-14: 1.5 mile warmup, 1 x mile @ 10k pace 3 x 800m @ 5k pace with 3:00 rest, 1.5 mile cooldown
2-16: 8 miles easy

Week 8

2-19: 1.5 mile warmup, 4 x 1000m @ 10k pace with 3:00 rest, 1.5 mile cooldown
2-21: 1.5 mile warmup, 2 x 10 minutes @ half marathon pace with 2:00 jog between, 1.5 mile cooldown
2-23: 9 miles with the last 2 miles at goal half pace

Week 9

2-26: 1.5 mile warmup, 2 x mile @ 10k pace with 3:00 rest, 1.5 mile cooldown
2-28: 45 minutes easy
3-2: 9 miles with the last 2 miles at goal half pace

Week 10

3-5: 1.5 mile warmup, 5 x 90 second hill repeats with 2:00-3:00 recoveries, 1.5 mile cooldown
3-7: 1.5mi warmup, 20 minutes at goal half marathon pace, 1.5mi cooldown
3-9: 10 miles easy