

2nd Sole Cleveland Half Marathon Training Plan

Cycle 1

Week 11

3-12: 1.5mi warmup, 20 minutes at goal half marathon pace, 1.5mi cooldown

3-14: 1 mile warmup, 5 miles @ goal marathon pace, 2 times HARD up the detroit hill, 1 mile cooldown

3-16: 10 miles or 2 hours easy

Week 12

3-19: 1.5 mile warmup, 4 x 1000m @ 10k pace w/ 3:00 rest, 1.5 mile cooldown

3-21: 2 mile warmup, 3 miles @ goal half marathon pace, 2 times HARD up the detroit hill, 2 mile cooldown

3-23: 10 miles

Week 13

3-26: 1.5 mile warmup, 2 x 10 minutes @ half marathon pace with 2:00 jog between, 1.5 mile cooldown

3-28: 1 hour easy

3-30: 2 mi warmup, 5 miles @ goal half marathon pace, 2 mi cooldown

Week 14

4-2: 1.5mi warmup, 25 minutes at goal half marathon pace, 1.5mi cooldown

4-4: 1.5 mile warmup, 4 x 1000m @ 10k pace w/ 3:00 rest, 1.5 mile cooldown

4-6: 11 easy

Week 15

4-9: 1.5 mile warmup, 2 x 10 minutes @ half marathon pace with 2:00 jog between, 1.5 mile cooldown

4-11: 45 minutes easy

4-13: 12 miles easy