

2nd Sole Columbus Half Marathon Training Plan Cycle 2

Week 6

7-30: 1.5 mile warmup, 4 x 1000m @ 10k pace with 3:00 active recovery (keep moving!), 1.5 mile cooldown

8-1: 1.5 mile warmup, 20 minutes @ goal half marathon pace, 1.5 mile cooldown

8-3: 7 miles w/ last 2 at or near goal half pace

Week 7

8-6: 1.5 mile warmup, 5 x 90 second hills w/ 3:00 jog recoveries, 1.5 mile cooldown

8-8: 1.5 mile warmup, 4 x 1000m @ 10k pace with 3:00 active recovery (keep moving!), 1.5 mile cooldown

8-10: 8 miles or 1:10 easy

Week 8

8-13: 1.5 mile warmup, 20 minutes @ goal half marathon pace, 1.5 mile cooldown

8-15: 1.5 mile warmup, 3x1000, 2x800 @ 10k pace w/ 3:00 active recovery(keep moving!), 1.5 mile cooldown

8-17: 8 miles w/ last 3 at or near goal half pace

Week 9

8-20: 1.5 mile warmup, 3x90, 2x60, 2x30 second hills w/ 2:00-3:00 jog recoveries, 1.5 mile cooldown

8-22: 1 hour easy

8-24: 9 miles or 1:20 easy

Week 10

8-27: 1.5 mile warmup, 2 x 15 minutes @ goal half pace w/ 2:00 jog recoveries, 1.5 mile cooldown

8-29: 1.5 mile warmup, 3x1000, 2x800 @ 10k pace w/ 3:00 active recovery(keep moving!), 1.5 mile cooldown

8-31: 9 w/ last 3 at or near goal half pace