

2nd Sole Columbus Half Marathon Training Plan  
Cycle 3

Week 11

9-3: 1.5mi warmup, 6 x 90, 2 x 45 second hill repeats with 2:00-3:00 rest, 1.5 mile cooldown

9-5: 1.5 mile warmup, 24 minutes @ goal half marathon pace, 1.5 mile cooldown

9-7: 10 miles easy or 2:00 easy

Week 12

9-10: 1.5 mile warmup, 3 x 1000m @ 10k pace with 3:00 active recovery (keep moving!), 10-12 minutes @ goal half marathon pace, 1.5 mile cooldown

9-12: 1 mile warmup, 4 @ goal marathon pace (faster than your easy run pace), 1 mile cooldown

9-14: 10 miles w/ last three miles faster

Week 13

9-17: 1.5 mile warmup, 2 x 10 minutes, 1 x 5 minutes @ goal half marathon pace w/ 2:00 rest in between, 1.5 mile cooldown

9-19: 1 hour easy

9-21: 2 mile warmup, 4 at goal half marathon pace, 2 mile cooldown

Week 14

9-24: 1.5 mile warmup, 20 minutes @ goal half marathon pace, 1.5 mile cooldown

9-26: 1.5 mile warmup, 6x90, 2x60 second hills w/ 2:00-3:00 jog recoveries, 1.5 mile cooldown

9-28: 11 miles easy