

2nd Sole Columbus Half Marathon Training Plan

Week 2

6/25- 4 miles easy

6/26- 1.5 mile warm up/cool down- 5 x 45 second hill repeats w/ 3 minute active recovery

6/27-- XT or OFF day

6/28- 1 mile warm up/CD – 2 x 1 mile @half marathon pace w/ 3 min recovery

6/29- XT or OFF day

6/30- 4 miles easy

7/1- 3 miles easy

Week 3

7/2- 4 miles easy

7/3- 1 mile warm up/cool down – 2 x 1 mile @half marathon pace w/ 3 min recovery

7/4- XT, Happy Independence Day! Race Day or 3 miles easy

7/5- 1 mile warm up/cool down – 2 x 1 mile @half marathon pace w/ 3 min recovery

7/6- XT or OFF day

7/7- 5 miles easy

7/8- 3 miles easy

Week 4

7/9- 3 miles easy

7/10- 1 mile warm up – 5 x 60 sec hills @75% effort w/ 2 min recovery

7/11- XT, 3 miles easy or OFF

7/12- 1.5 mile warm up / 3 x 1 mile @half marathon pace w/ 3 min recovery

7/13- XT or OFF day

7/14- 6 miles easy

7/15- 4 miles easy

Week 5

7/16- 4 miles easy

7/17- 1.5 mile warm up/cool down – 4 x 800m @5K-2x400m @3K pace w/ 3 minute recovery

7/18- XT, OFF day or 4 miles easy

7/19- 1.5 mile warm up/cool down- 2 miles @marathon pace

7/20- XT or OFF day

7/21- 6 miles easy

7/22- 3 miles easy

Week 6

7/23- 4 miles easy

7/24- 1.5 mile warm up/cool down- 6 x 60 sec hill repeats w/ 3 minute recovery

7/25- XT, 4 miles easy or OFF day

7/26- 1.5 mile warm up/cool down- 2 miles @half marathon pace – 3 min recovery- 1 mile @half marathon pace
7/27- XT or OFF day
7/28- 8 miles easy
7/29- 4 miles easy or OFF day

Week 7

7/30- 6 miles easy
7/31- 1.5 mile warm up/cool down- 2 x 1 mile @10K - 3 x 800m @5K pace
8/1- XT, 4 miles easy or OFF
8/2- 1.5 mile warm up/cool down- 3 miles @half marathon pace-4 min recovery
8/3- XT or OFF
8/4- 8 miles easy
8/5- 3-5 miles easy

Week 8

8/6- 5 miles easy
8/7- 1.5 mile warm up/cool down- 1 mile @half pace, 4 x 800m @5K pace w/ 3 min recovery
8/8- XT, OFF or 4 miles easy
8/9- 1 mile warm up- 4 miles @marathon pace -2 mile cool down
8/10- XT or OFF
8/11- 7 miles easy
8/12- 4 miles easy

Week 9

8/13- 5 miles easy
8/14- 1.5 mile warm/cool- 5 x 90 sec hill repeats-4 x 30 sec hills w/2 min recovery
8/15- XT or OFF
8/16- 1.5 mile warm up/cool down- 2 miles @half pace-3 min recovery- 2 miles @half pace
8/17- XT or OFF day
8/18- 10 miles easy
8/19- 5 miles easy

Week 10

8/20- 6 miles easy
8/21- 1.5 mile warm/cool- 1 mile @10K pace, 4 x 800m @5K pace w/ 3 min recovery
8/22- XT, OFF or 4 miles easy
8/23- 6 miles easy
8/24- XT or OFF
8/25- 1 mile warm up – 4 miles @half marathon pace – 3 mile c/d
8/26- 3 miles easy

Week 11-

8/27- 5 miles easy

8/28- 1.5 mile warm/cool- 4 x 90 sec hills- 4 x 30 sec hills w/ 2 minute recovery
8/29- XT, OFF or 5 miles easy
8/30- 1.5 mile warm up/cool down- 5 x 1 mile @10K pace w/ 2 min recovery
8/31- XT or OFF
9/1- 11 miles easy
9/2- 2-4 miles easy

Week 12

9/3- 5 miles easy
9/4- 1.5 mile warm up/cool down- 2 x 1 mile @10K pace, 2 x 800m @5K pace w/ 3 min recovery
9/5- XT, OFF or 4 miles easy
9/6- 4 miles easy
9/7- XT or OFF
9/8- 2 mile warm up – 5 miles @half marathon pace – 2 mile cool down
9/9- 4 miles easy

Week 13

9/10- 6 miles easy
9/11- 1.5 mile warm up/cool down- 1 mile @10K, 4 x 800m @5K, 2 x 400m @3K w/ 3 min recovery
9/12- XT, OFF or 4 miles easy
9/13- 2 mile warm up- 1 mile @half marathon pace- 1 mile @10K pace – 2 mile cool down
9/14- XT or OFF
9/15- 11 miles easy
9/16- 4 miles easy

Week 14

9/17- 7 miles easy
9/18- 1.5 mile warm up/cool down- 2 x 1 mile @10K pace, 2 x 800m @5K pace w/ 3 min recovery
9/19- XT, OFF or 5 miles easy
9/20- 1 mile warm up – 6 miles @marathon pace – 1 mile cool down
9/21- XT or OFF
9/22- 12 miles easy
9/23- 3 miles easy

Week 15

9/24- 5 miles easy
9/25- 1.5 mile warm/cool – 1 mile @10K pace, 4 x 800m @5K pace w/ 2 min recovery
9/26- XT, OFF or 5 miles easy
9/27- 6 miles easy
9/28- XT or OFF
9/29- 1 miles w/u – 7 miles @half marathon pace – 1 mile c/d
9/30- 5 miles easy

Week 16

10/1- 7 miles easy

10/2- 1.5 mile warm up – 4 x 1 mile @10K pace w/ 2 min active recovery

10/3- XT, OFF or 5 miles easy

10/4- 6 miles easy

10/5- XT or OFF

10/6- 10 miles easy

10/7- 4 miles easy

Week 17

10/8- 6 miles easy

10/9- 1.5 mile warm up –8 x 400m @3K w/ 2 min recovery – 1.5 c/d

10/10- XT, OFF or 4 miles easy

10/11- 1 mile warm up – 3 min ON @10K/90 sec OFF easy (x4)- 2 mile cool down

10/12- XT or OFF

10/13- 13 miles easy

10/14- 4 miles easy

Week 18

10/15- 6 miles easy

10/16- 4 miles easy

10/17- XT, OFF or 4 miles easy

10/18- 4 miles easy

10/19- XT or OFF

10/20- 3-4 miles easy

10/21- Race Day!