

ALL-INCLUSIVE HALF-MARATHON PLAN

This schedule offers plenty of variety, so you'll never get the feeling that your training is becoming stale.

➔ Jason Fitzgerald, founder of online coaching service strenghtrunning.com, created this plan for people who want a half-marathon training plan that involves some cross-training. Begin this schedule only once you're comfortable running five miles, he says

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	MILES
1	Rest	4 miles at easy effort, 4 strides	Cross-train 30-60 mins at easy/moderate effort	3 miles at easy effort, 4 strides	Optional: Cross-train 30-40 mins at easy effort	5 miles at easy effort	Cross-train or run 30-60 mins at easy effort	12
2	Rest	4 miles easy, with 6x30 secs at moderate effort, 2-min jog recovery.	Cross-train 30-60 mins at easy/moderate effort	3 miles at easy effort, 4 strides	Optional: Cross-train 30-40 mins at easy effort	6 miles at easy effort	Cross-train or run 30-60 mins at easy effort	13
3	Rest	4 miles easy, with 6x30 secs at hard effort, 2-min jog recovery	Cross-train 30-60 mins at easy/moderate effort	4 miles at easy effort, 4 strides	Optional: Cross-train 30-40 mins at easy effort	7 miles at easy effort	Cross-train or run 30-60 mins at easy effort	15
4	Rest	5 miles, with 8x30 secs at hard effort, 2-min jog recovery	Cross-train 30-60 mins at easy/moderate effort	4 miles at easy effort, 4 strides	Optional: Cross-train 30-40 mins at easy effort	7 miles at easy effort	2 miles at easy effort	18
5	Rest	5 miles, with 6x1 mins at hard effort, 2-min jog recovery	Cross-train 30-60 mins at easy/moderate effort	5 miles at easy effort, 4 strides	Optional: Cross-train 30-40 mins at easy effort	8 miles at easy effort	2 miles at easy effort	20
6	Rest	3 miles at easy effort, 4 strides	Cross-train 30-60 mins at easy effort	3 miles at easy effort, 4 strides	Rest	9 miles at easy effort	Cross-train or run 30-60 mins at easy effort	15
7	Rest	6 miles, with 8x1 mins at hard effort, 2-min jog recovery	Cross-train 30-60 mins at easy/moderate effort	5 miles at easy effort, 4 strides	Optional: Cross-train 30-40 mins at easy effort	9 miles at easy effort	3 miles at easy effort	23
8	Rest	6 miles, with 8x1 mins at hard effort, 2-min jog recovery	Cross-train 30-60 mins at easy/moderate effort	5 miles at easy effort, 4 strides	Optional: Cross-train 30-40 mins at easy effort	10 miles at easy effort	3 miles at easy effort	24
9	Rest	5 miles, with 6x1 mins at hard effort, 2-min jog recovery	Cross-train 30-60 mins at easy effort	3 miles at easy effort, 4 strides	Rest	7 miles at easy effort	Rest	15
10	Rest	4 miles, with 6x30 secs at moderate effort, 2-min jog recovery	Rest	2 miles at easy effort, 4 strides	Rest	Rest	HALF MARATHON	19.1

KEY

► **STRIDES** Over 100 metres, start at a jog, build to about 95 per cent of your max speed, then gradually slow to a stop. Walk for 45-90 seconds between each.

► **CROSS-TRAIN** Cross-training can build fitness without adding extra impact stress to your body, and can help flush waste products and speed your recovery on non-running days. Do a cardio-based workout such as cycling,

swimming or using the elliptical machine. Activities that don't keep your heart rate elevated for at least 30 minutes don't count for this purpose, but they can be done after an easy workout or on a rest day.

EFFORT KEY

► **EASY** You can talk easily.
 ► **MODERATE** You can say short phrases.
 ► **HARD** Talking is virtually impossible at this intensity.