



ADVANCED LEVEL

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RUN/WALK HALF MARATHON TRAINING PLAN

Adjust the amount of each run/walk interval to find your pace per mile. You can use the chart on the right as a guide.

To see how you are progressing in terms of your overall pace, you can use the magic mile (see below). On the indicated weekends, after a gentle warmup, run a timed mile using the run/walk method pace you like best.

Here’s how to do a magic mile:

- 1. Warm up with a slow 1-mile run.
- 2. Do a few acceleration gliders (found in *Runner’s World* story on how to run/walk a half marathon).
- 3. Keep running, pacing yourself as evenly as possible.
- 4. Run about as hard as you can for one mile. You should finish feeling that you couldn’t have run more than a football field at the same pace, but you shouldn’t be so tired that you can’t finish your run.
- 5. After the time trial, walk for 5 minutes, and jog a slow 1 to 6 miles, as needed for the mileage for that day

To find your half marathon pace, multiply your magic mile time by 1.2.

18 min	mi	:	run 5 s	/	walk 30 s
17 min	mi	:	run 10 s	/	walk 30 s
16 min	mi	:	run 10 s	/	walk 30 s
15 min	mi	:	run 15 s	/	walk 30 s
14 min	mi	:	run 30 s	/	walk 30 s
13 min	mi	:	run 30 s	/	walk 30 s
12 min	mi	:	run 60 s	/	walk 30 s
11 min	mi	:	run 60 s	/	walk 30 s
10 min	mi	:	run 90 s	/	walk 30 s
9 min	mi	:	run 2 min	/	walk 30 s
8 min	mi	:	run 4 min	/	walk 30 s
7 min	mi	:	run 6 min	/	walk 30 s

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	4 miles with 2 at race pace	off/cross train	4 x 800m	easy walk	off	5 miles with 3 race pace	3 miles with Magic Mile
2	5 miles with 3 at race pace	off/cross train	6 x 800m	easy walk	off	12-14 miles *	off/cross train
3	5 miles with 3 at race pace	off/cross train	8 x 800m	easy walk	off	6 miles with 4 race pace	off/cross train
4	5 miles with 3 at race pace	off/cross train	30-45 min run/walk	easy walk	off	14-17 miles	off/cross train
5	4 miles with 2 at race pace	off/cross train	10 x 800m	easy walk	off	6 miles with race pace	off/cross train
6	30-45 min run/walk	off/cross train	30-45 min run/walk	easy walk	off	HALF MARATHON!	off/cross train

Cross train: Choose something you enjoy that gives you a good cardio workout. Walking is always good cross training. You can also swim, bike, row, or use the elliptical.

Wednesday speed work: Warm up with an easy mile. Then, run 800 meters ($\frac{1}{2}$ mile) at a pace 30 seconds per mile faster than race pace. Walk 400 meters ($\frac{1}{4}$ mile) to recover. Repeat the number of times indicated. Cool down with an easy mile.

Saturdays/long runs: Use the run/walk ratios that you use on Tuesdays and Thursdays. Remember, you can adjust these intervals throughout your training to find the ratio that works best.

***Note:** If your previous long run was shorter than 9 miles, walk the difference between that run and this 10-miler. For example, if your previous long run was 5 miles, walk 5 miles, then run/walk another 5 miles to reach the 10 mile goal for today.

Race pace: Warm up with an easy mile. Then, run the indicated number of miles at race pace using the run/walk ratio you intend to use during the race. Cool down with another easy mile.