

RUNNER'S WORLD

TRAINING PLAN

Half Marathon · Break 1:30

This plan was designed for runners who want to break 1:30 in the half marathon. It is geared for runners who have averaged 30 miles per week or more for at least six months and who want to develop speed over a longer distance. Each week features one or two days of rest and five or six days of running. That includes tempo runs, intervals, Yasso 800's and long runs, which start at 10 miles and peak at 16 miles.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Day 1 Rest or Cross-Train	Day 2 5 Miles Easy	Day 3 7 Miles with Intervals	Day 4 3–5 Miles Easy	Day 5 0–3 Miles Easy	Day 6 Rest or Cross-Train	Day 7 10 Miles LSD
2	Day 8 Rest or Cross-Train	Day 9 5 Miles Easy	Day 10 6 Miles with Intervals	Day 11 3–5 Miles Easy	Day 12 5 Miles Easy	Day 13 Rest or Cross-Train	Day 14 8 Miles LSD
3	Day 15 Rest or Cross-Train	Day 16 6 Miles Easy	Day 17 7 Miles with Yasso 800s	Day 18 3–5 Miles Easy	Day 19 6 Miles Easy	Day 20 Rest or Cross-Train	Day 21 12 Miles LSD
4	Day 22 Rest or Cross-Train	Day 23 7 Miles Easy	Day 24 7 Miles with Intervals	Day 25 3–5 Miles Easy	Day 26 6 Miles Easy	Day 27 Rest or Cross-Train	Day 28 10K Race or 8 Miles with 3 Miles at Tempo
5	Day 29 Rest or Cross-Train	Day 30 6 Miles Easy	Day 31 7–8 Miles with Intervals	Day 32 4–6 Miles Easy	Day 33 5 Miles Easy	Day 34 Rest or Cross-Train	Day 35 14 Miles LSD
6	Day 36 Rest or Cross-Train	Day 37 7 Miles Easy	Day 38 7–8 Miles with Yasso 800s	Day 39 4–6 Miles Easy	Day 40 6 Miles Easy	Day 41 Rest or Cross-Train	Day 42 9–10 Miles with 4 Miles Tempo or 5K Race
7	Day 43 Rest or Cross-Train	Day 44 6 Miles Easy	Day 45 9 Miles with Intervals	Day 46 4–6 Miles Easy	Day 47 5 Miles Easy	Day 48 Rest Day	Day 49 16 Miles LSD

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8	Day 50 Rest or Cross-Train	Day 51 4–6 Miles Easy	Day 52 7–8 Miles with Intervals	Day 53 4–6 Miles Easy	Day 54 5 Miles Easy	Day 55 Rest Day	Day 56 10 Miles with 6 Miles Of Tempo
9	Day 57 Rest or Cross-Train	Day 58 6 Miles Easy	Day 59 9 Miles with Intervals	Day 60 4–6 Miles Easy	Day 61 3 Miles Easy	Day 62 Rest Day	Day 63 8 Miles LSD
10	Day 64 Rest or Cross-Train	Day 65 4 Miles Easy	Day 66 6 Miles with Intervals	Day 67 0–3 Miles Easy	Day 68 Rest Day	Day 69 2–3 Miles Easy	Day 70 Race Day

WEEK 1

Day 1, Monday · Rest or Cross-Train

Welcome to week one of the Runner’s World Break 1:30 Half Marathon Plan. This 10-week plan is designed to help you finish a half marathon fast, fit, and injury-free.

Each week throughout the program, you’ll have three or four short runs, one or two days for rest or cross-training (XT), and one long, slow distance run (LSD) to help you develop the endurance you’ll need to cover 13.1 miles. You’ll also perform tempo runs and hit the track for intervals, mile repeats, and Yasso 800s.

Your training kicks off with a rest day. Mondays are usually reserved for rest so you can recover from the previous week. Unless otherwise recommended, all runs will be in the range of 8:24/mile pace.

Day 2, Tuesday · 5 Miles Easy

Your Tuesday runs will be at an easy/comfortable “talking” pace. Because you rested on Monday, you may feel a little frisky, but stay under control and save that added effort for your Wednesday run.

Day 3, Wednesday · 7 Miles with Intervals

- 2 miles easy running
- 8 x 400 at 92-second pace with 200 easy run recovery
- 2 miles easy running

Wednesday will be your day to develop the ability to run faster. These “interval” days will progress from short distances and progress to as long as one mile. Each of the hard efforts will be followed by a shorter but slower recovery distance. While strenuous, they will be doable and should leave you with a sense of accomplishment and positive outlook for what’s to come.

Day 4, Thursday · 3–5 Miles Easy

When you're in training, it's important to eat like an athlete. About half of your daily calories should come from carbs. Fruits, vegetables, whole grains, beans, and lentils are rich in complex carbs, as well as vitamins and minerals that speed recovery. About 25 percent of your daily calories should come from unsaturated fats, which will keep you feeling satisfied and full, and help your body absorb certain vitamins. Nuts, seeds, and avocados are rich in heart-healthy fats, as are olive and flaxseed oils. The remaining 25 percent of your calories should come from protein, which helps speed muscle repair and recovery. Cuts of beef and pork labeled "loin" and skinless poultry have a healthy protein-to-fat ratio. Fatty fish, tofu, eggs, and low-fat dairy such as milk and yogurt are also good sources. (Pace: 8:24/mile)

Day 5, Friday · 0–3 Miles Easy

The purpose of easy days is to develop the endurance, strength, and cardiovascular fitness you'll need for the race. You don't want to take these runs so fast that you're sore the next day. At the end of the run, you want to feel like you have the energy to run longer. (Pace: 8:24/mile)

Day 6, Saturday · Rest or Cross-Train

Ideally, you won't exercise at all on these days. But it's okay to do a no-impact activity such as yoga, stretching, or swimming. Whatever you do, the key is to take it easy. You don't want to go so hard on your cross-training that you're too fatigued to give your all to your quality running workouts.

Day 7, Sunday · 10 Miles LSD

Today is your first long, slow distance run (LSD). These runs are designed to build your endurance, improve aerobic capacity, develop strength, and get you accustomed to spending hours at a time on your feet. Don't worry too much about your pace on long runs; just focus on the distance you want to cover for the day. If you feel like taking short walk breaks every once in a while, that's okay. (Pace: 8:24/mile)

WEEK 2

Day 8, Monday · Rest or Cross-Train

This is week two of training. This week you'll maintain a routine similar to last week's. You'll have three short runs and two days of rest or cross-training. Your long run will drop to eight miles.

On Wednesday you'll hit the track for your first interval session. This workout provides excellent all-around conditioning.

It's best to do your mile repeats at a track, which is flat and provides an accurate measurement of the distances. If you don't have access to a track, it's okay to do the workout on a treadmill or on a flat, one-mile stretch of road.

Day 9, Tuesday · 5 Miles Easy

Even if you're a confirmed solo runner, it's a good idea to explore running with others. When you know someone is waiting for you, you're not as likely to skip that day's run at the last minute. Plus, you can venture farther afield and at odder hours than you'd feel comfortable doing alone. Pay close attention to your respective paces and levels of fitness so you're not introducing unnecessary tension. You can challenge yourself with your faster friends on days when you want a harder workout and hook up with your slower friends on your easy recovery days. (Pace: 8:24/mile)

Day 10, Wednesday · 6 Miles with Intervals

Once you've warmed up with two miles of easy running you'll be ready for the following workout.

3x400 at 1:32 pace with 200 easy run recovery
2x600 at 2:06 pace with 200 easy run recovery
2x400 at 1:32 pace with 200 easy run recovery
1 mile easy running

Day 11, Thursday · 3–5 Miles Easy

Each Thursday you will be coming off a tiring Wednesday run. We're giving you the option of three to five miles of easy running; let your body tell you what to do. If yesterday's workout has left you a bit sore or tired, opt for the shorter distance. If, on the other hand, you're feeling fine, take it to five miles.

Day 12, Friday · 5 Miles Easy

If you're trying to beat the heat, run before sunrise; it's the coolest time of day, plus your body's core temperature is at its lowest right after you wake up, which means it takes longer for your body to overheat. If you can't run in the morning, head out as late in the day as possible. Although the sun is highest in the sky at noon, the earth's surface heat peaks between 3 and 5 p.m. (Pace: 8:24/mile)

Day 13, Saturday · Rest or Cross-Train

Icing sore muscles and joints can decrease pain and inflammation. To get the most benefit, leave the ice on for 15 to 20 minutes, and remove it if you begin to notice any numbness. Try to ice five times a day with at least 45 minutes in between icings.

Day 14, Sunday · 8 Miles LSD

You may have to dash from your run to the rest of your day, but it's important to make time for a postrun routine of stretching, icing, and refueling. Slow your pace the last mile of your run, and then walk for a few minutes before stopping. (If you come to an abrupt stop, you may feel weary and lightheaded.) After you cool down, try to stretch and ice trouble spots. Then, within an hour, consume a snack with a carbs-to-protein ratio of 4:1 to refill your glycogen stores and repair your muscles. (Pace: 8:24/mile)

WEEK 3

Day 15, Monday · Rest or Cross-Train

This is week three of training. You'll have three easy runs during the week and a 12-mile long run. On Wednesday you'll head back to the track. This time you'll be introduced to Yasso 800s, the workout made famous by Runner's World's Chief Running Officer, Bart Yasso.

Be sure to take it easy on the rest days this week, even if you usually cross-train, so that you can recover from the more challenging workouts.

Day 16, Tuesday · 6 Miles Easy

Whenever possible, head for the hills; they build leg and lung power. Watch your form when you're heading up: Push your legs off the hill so that you feel as if you're springing up it. When you're running downhill, shorten your stride, and focus on keeping your shoulders, hips, and feet aligned. It should almost feel like controlled falling. (Pace: 8:24/mile)

Day 17, Wednesday · 7 Miles with Yasso 800s

2 miles easy running
3x400 at 1:32 pace with 200 easy run recovery
3x800 at 3:04 pace with 400 easy run recovery
1 mile easy running

Today you'll be introduced to Yasso 800s. We'll start you with just a few and then build to more later in the training.

Day 18, Thursday · 3–5 Miles Easy

Sports massage can be beneficial during training. The more miles you log, the more stress your body endures, and massage can stop the damage from building up. Having a massage 48 hours after an intense workout can soothe muscles and enhance recovery.

Day 19, Friday · 6 Miles Easy

At some point during your training, you're bound to encounter some chafing, a red, raw rash that can bleed, sting, and be painful to the touch. To prevent chafing, wear wick-away, seamless, tagless gear. And make sure it fits right. Extra material in a baggy shirt can cause irritation; a too-snug sports bra can dig into the skin. Apply sports lube or a bandage to trouble spots before you run. Moisturize the area after you shower. To treat chafing, wash the area with soap and water, apply an antibacterial ointment, and cover it with a bandage. (Pace: 8:24/mile)

Day 20, Saturday · Rest or Cross-Train

Be sure to stay hydrated throughout the day, not just while you're out on the run. Try to drink half your body weight in ounces of fluids. So if you weigh 150 pounds, aim for 75 ounces of water or sports drink per day. If you weigh 100 pounds, aim for 50 ounces.

Day 21, Sunday · 12 Miles LSD

If you're in the middle of a long run and you feel like hanging it up, take a deep breath and blow out hard and loud. This mind-clearing technique, called the "explosive exhale," allows you to blow out your stress, relax, and refocus on the task at hand. (Pace: 8:24/mile)

WEEK 4

Day 22, Monday · Rest or Cross-Train

This is week four of training. You'll have three short runs and an interval workout. This weekend, you have the option of running eight miles with tempo or doing a 10K race. Participating in an event before your big day will help you rehearse critical race-day logistics, such as fueling and gear. It will also help you break up the routine, meet other runners, or explore a new route in your area. If you need help finding an event, check out our calendar at runnersworld.com/racefinder.

Day 23, Tuesday · 7 Miles Easy

If you're heading out and it's pitch-black, make sure to run with a headlamp or handheld light so you're visible to passing cars. If you don't feel comfortable with a light, at least run with a reflective vest or a blinking red light with a bright LED. (Pace: 8:24/mile)

Day 24, Wednesday · 7 Miles with Intervals

2 miles of easy running
2x400 @ 1:32 pace with 200 easy run rec.
1x800 at 3:04 pace with 400 easy run rec.
1x1200 at 4:36 pace with 400 easy run rec.
1x800 at 3:04 pace with 400 easy run rec.
2x400 at 1:32 pace with 200 easy run rec.
1 mile easy run

I'm sure you've noticed by now but you're progressively adding distance to these intervals. Your body will adapt to this added work, week after week preparing you for your goal race.

Day 25, Thursday · 3–5 Miles Easy

Normally, runners should make sure to eat lots of fiber from beans, vegetables, and whole grains. But the night before a hard workout or a race, high-fiber foods can cause uncomfortable gas. Cut back on fiber three days before a major workout or race.

Day 26, Friday · 6 Miles Easy

Mix up your terrain whenever you can; it will help you stay injury free. Get off the road and onto grass, trails, cinder paths, and even dirt. Sandy beaches and grassy parks are great for building flexibility in your feet and ankles, and the soft surfaces absorb impact so your body doesn't have to. (Pace: 8:24/mile)

Day 27, Saturday · Rest or Cross-Train

It's a good idea to include some abdominal work in your training program in order to safeguard your hips, core, and lower back, which can take a beating on the downhills.

Day 28, Sunday · 10K Race or 8 Miles with 3 Miles at Tempo

3 miles easy running
3 miles at 6:45 pace
2 miles easy running

Today you'll start out at long run pace, but after three miles of comfortable running you'll increase the pace a bit. Try to stay close to 6:45-per-mile pace for the next three miles. This is slightly quicker than your goal half marathon pace and shouldn't be too difficult. Slow back down for the final two miles.

WEEK 5

Day 29, Monday · Rest or Cross-Train

This is week five of training. After this week, you're halfway through the program.

This week the pace of your easy runs will pick up slightly, but you'll cut back on your mileage so you can recover from the training you've done so far and stay fresh for the workouts in the weeks ahead. You'll run fewer miles overall, but your long run will increase to 14 miles. You'll also learn how to do a mile buildup on the track.

You may feel that you can run farther or go faster than the program prescribes this week, but it's best to stick with the plan. These breaks are necessary to keep you mentally fresh and strong enough to take on the buildup of mileage and intensity in the weeks ahead.

Day 30, Tuesday · 6 Miles Easy

If you're having trouble getting motivated, start taking notes on your training. This will help you maintain perspective on how much progress you've made and what's working and what's not, and it will keep you on track to meet your goals. In your log, record your mileage; your pace; what the weather conditions were; what you ate and drank before, during, and after your run; and how you felt. (Pace: 8:24/mile)

Day 31, Wednesday · 7–8 Miles with Intervals

2 miles easy running
1x400 at 1:32 pace with 200 easy run recovery
1x800 at 3:04 pace with 400 easy run recovery
1x1200 at 4:36 pace with 400 easy run recovery
1x 1 mile (1600) at 6:10 pace with 800 easy run recovery
1x800 at 3:04 pace with 400 easy run recovery
1x 400 at 1:32 pace with 200 easy run recovery
1 mile easy running

This workout is known as the "Mile Buildup" and for obvious reasons. Make sure you pace yourself correctly in the early intervals, allowing you to be strong for the mile.

Day 32, Thursday · 4–6 Miles Easy

Be particularly careful if you run before dawn or well into the evening—the same times when impaired drivers are often on the road. People may be tired and not as attentive. In the early morning, look out for motorists who have not cleared off their windshields; they may not be able to see you clearly. (Pace: 8:24/mile)

Day 33, Friday · 5 Miles Easy

Let your body be boss; don't be a slave to the schedule. When you wake up feeling fatigued or sluggish, shorten the run, cut out a repeat, cross-train, or take a rest day. Taking time off when you need it will help you stay fresh throughout training. (Pace: 8:24/mile)

Day 34, Saturday · Rest or Cross-Train

If you're looking for a good activity to do on a rest day, consider heading to the pool. Swimming builds strength in often-neglected muscles in the upper body and core, which will help you maintain strong running form when you're fatigued.

Day 35, Sunday · 14 Miles LSD

Today is your longest run to date. Make sure you start VERY comfortable and keep your pace under control. You should always feel like you could go faster and finish feeling like you could have gone a little farther (don't do either).

WEEK 6

Day 36, Monday · Rest or Cross-Train

This is week six of training. After this week, your race will be one month away.

You'll have three short runs and two days of rest or cross-training during the week, and you'll head back to the track for Yasso 800s. Your long run will drop to 10 miles with tempo.

Day 37, Tuesday · 7 Miles Easy

Even if it seems cloudy outside, be sure to rub on some sunscreen. Use a product with an SPF of at least 30, and one that protects against UVA and UVB rays, the two most damaging forms of ultraviolet light. Rub on the sunscreen at least 20 minutes before you go out, and reapply every two hours after you're out, even if it's a sweat-proof formula. (Pace: 8:24/mile)

Day 38, Wednesday · 7–8 Miles with Yasso 800s

2 miles easy running
1x400 at 1:32 pace with 200 easy run recovery
5x800 at 3:04 pace with 400 easy run recovery
1x400 at 1:32 pace with 200 easy run recovery
1 mile easy running

We're bringing back the Yasso 800s but adding a few to continue building on your strength.

Day 39, Thursday · 4–6 Miles Easy

Running when you have a cold is usually fine, unless you have a fever, in which case you should stay in. There's evidence that running can boost the immune system, so a run may help improve your symptoms. Take extra care to stay hydrated and dress appropriately when you go out. Pay attention to how your symptoms are affected by the run, and take a day off if they worsen. (Pace: 8:24/mile)

Day 40, Friday · 6 Miles Easy

If it's likely to be hot on race day, gradually exposing yourself to warm environments will help you get ready for the heat. Do your main workouts in the coolest parts of the day (before 10 a.m. or after 6 p.m.) and go for a 15- to 20-minute light run or walk in the heat of the day. Increase the length of your hot outings by five to 10 minutes over the course of two weeks until you adjust. Be sure to hydrate well! (Pace: 8:24/mile)

Day 41, Saturday · Rest or Cross-Train

Most runners don't have a problem pushing themselves. But when you're focused on building endurance and speed, it's easy to forget how important rest is. It's when you're not running that the muscle rebuilds itself and becomes stronger. If you don't recover enough, you'll break down more than you build up. Make your rest days count for more than just a day off by doing something you enjoy that you don't have time for on your heavy-mileage days. Catch a movie or get a massage. Schedule a relaxing reward that you can use as an incentive to get through the next tough workout!

Day 42, Sunday · 9–10 Miles with 4 Miles Tempo or 5K Race

3 miles easy running
4 miles at 6:44 pace
3 miles easy running

Today you'll start out at long run pace, but after three miles of comfortable running you'll increase the pace a bit. Try to stay close to 6:44-per-mile pace for the next three miles. This is slightly quicker than your goal half marathon pace and shouldn't be too difficult. Slow back down for the final three miles.

WEEK 7

Day 43, Monday · Rest or Cross-Train

This is week seven of training. You'll have three short runs and one day of rest or cross-training. Your long run will stretch up to 16 miles, and you'll go to the track for longer intervals.

As race day draws near, there's plenty you can do off the road to build your fitness and stay injury-free. It's especially important that you eat a wholesome diet and limit the junk. Try to get extra z's; research has shown that getting more sleep during training improves speed and reaction time. And make sure your shoes are in good shape; you should replace them every 300 to 500 miles.

Day 44, Tuesday · 6 Miles Easy

You're over halfway through your training and your running shoes have been with you for every step. Might be a good time to visit your local specialty running shop to purchase another pair and slowly break them in for race day.

Day 45, Wednesday · 9 Miles with Intervals

2 miles easy running
1x 400 at 1:32 pace with 200 easy run recovery
1x 800 at 3:04 pace with 400 easy run recovery
1x 1 mile (1600) at 6:10 pace with 800 easy run recovery
1x 800 at 3:04 pace with 400 easy run recovery
1x 1 mile (1600) at 6:10 pace with 800 easy run recovery
1x 800 at 3:04 pace with 400 easy run recovery
1 mile easy running

You're entering the final third of your training plan and all the work you've done to this point makes the rest doable. You are a changed runner, and now the sub-1:30 goal is an achievement waiting to happen.

Day 46, Thursday · 4–6 Miles Easy

Try not to stress too much about any miles you've missed during training. A few missed miles or runs won't make or break your race. But trying to cram in extra miles to make up for them can lead to injury. If you complete 80 percent of the training plan, you should be 100 percent prepared for the race.

Day 47, Friday · 5 Miles Easy

If you want to shed your watch or heart-rate monitor, you can use the “talk test” to measure your effort. Studies have shown that it’s an accurate way to gauge your exercise intensity. If most of your running feels comfortable, and you’re able to talk in full sentences without huffing and puffing, you’re probably working at the right intensity, a steady aerobic level, which translates to approximately 65 percent of your maximum heart rate. At this level, you can burn calories, improve your cardiovascular fitness, increase your endurance, and get all the other health benefits that go along with training. (Pace: 8:24/mile)

Day 48, Saturday · Rest Day

If you’re running and struck with a side stitch, slow down and change your breathing pattern. Take quick, shallow breaths for a minute or two, then switch to taking deep breaths for a minute. Keep running slowly for another quarter- to half-mile. If the pain doesn’t subside by then, stop and stretch on the side of the road, bending to the opposite side of the stitch.

Day 49, Sunday · 16 Miles LSD

If possible, do some running on the course before the race. Note the locations of turns, hills, and landmarks. The familiarity will help you feel confident going into your big event. If you can’t get on the course, check the topography and try to find similar terrain on your run. (Pace: 8:24/mile)

WEEK 8

Day 50, Monday · Rest or Cross-Train

This is week eight of training. After this week the race will be two weeks away.

This is the final buildup of mileage and intensity before the taper. You’ll have three easy runs, short intervals, and a tempo run.

Day 51, Tuesday · 4–6 Miles Easy

This is your largest volume and quality week. Keep this run comfortable and under control and take advantage of the days to come. If you’re feeling a bit tired or stressed out, opt for the shorter four-mile run.

Day 52, Wednesday · 7–8 Miles with Intervals

2 miles easy running
10x400 at 1:32 pace with 200 easy run recovery
1-2 miles easy running

You began this program with 8 x 400 and today we’re returning to those 400s but adding two. You should find that this workout is actually well within your comfort zone. Stick to the paces, don’t make the mistake of going faster, and enjoy.

Day 53, Thursday · 4–6 Miles Easy

Regular massages can be valuable during your heaviest training weeks, because they can help you recover faster and stay injury-free. A good massage therapist will zero in on your tightest muscles. Be sure to see a specialist in sports massage who has experience working with runners. (Pace: 8:24/mile)

Day 54, Friday · 5 Miles Easy

It’s best to deal with a blister before it becomes painful enough to throw off your gait. Covering it with a Band-Aid or moleskin is ideal. But if home or an aid station is miles away, adjust your laces. Tightening them could stop heel slippage (a common cause of blisters); loosening them could take pressure off a hot spot. (Pace: 8:24/mile)

Day 55, Saturday · Rest Day

Plan to take a few days to a week off from running after the race to recuperate. But put something on the calendar to stay focused on what's ahead. You may want to take a vacation or give another sport a try.

Day 56, Sunday · 10 Miles with 6 Miles Of Tempo

2 miles easy running
6 miles at 6:45 pace
2 miles easy running

You're two weeks out from your goal race, and this will be your longest run until then. Mix this run with easy and tempo running by following this pattern: Run two easy miles, pick it up to your 6:45 tempo pace for six miles, and then slow it down for the last two miles. This run may actually feel a bit difficult, you've done some good quality this week and your legs may still be a bit sluggish from that. No worries—tomorrow's a day off.

WEEK 9

Day 57, Monday · Rest or Cross-Train

This is week nine of training. After this week, your race will be one week away. You'll have two short runs and an interval workout. Your long run will drop back to eight miles.

If possible, do a little race rehearsal this week. Try to do your last long run on a course that mimics the elevation you'll face in the race. Start the run at the same time that your race will start. If you're used to running at the crack of dawn and your race starts midmorning, you may need to adjust your strategies for fueling and dressing for the race.

Day 58, Tuesday · 6 Miles Easy

For a lot of runners, the taper is the toughest part of the training cycle. Phantom pains crop up during the final weeks before the race, and it's hard to know whether they're real or just the result of shaky nerves. A massage can help relieve any prerace discomfort while helping you relax.

Day 59, Wednesday · 9 Miles with Intervals

2 miles easy running
1x400 at 1:32 pace with 200 easy run recovery
1x 1 mile (1600) at 6:10 pace with 800 easy run recovery
1x1200 at 4:36 pace with 400 easy run recovery
1x800 at 3:04 pace with 400 easy run recovery
1x400 at 1:32 pace with 200 easy run recovery
1x1200 at 4:36 pace with 400 easy run recovery
1x800 at 3:04 pace with 400 easy run recovery
1x400 at 1:32 pace with 200 easy run recovery
1 mile easy running

This is it—your last difficult interval workout before your goal half. It will challenge you but leave you confident that you are race ready.

Day 60, Thursday · 4–6 Miles Easy

In the final weeks before your race, you're likely to feel twinges that you've been able to ignore. Try rest, ice, compression, and elevation. Some soreness is inevitable. If you need to scale back your training time, do it. You'll be fresher for the race. But if you can't walk or run without pain, see a sports-medicine specialist to figure out if your injury is something you can—and should—work through, or whether you should reset your racing goals. (Pace: 8:24/mile)

Day 61, Friday · 3 Miles Easy

As you're heading into the final week of training, it's a good time to review your goals. Set as many goals or as few as you like, but make sure they're yours. Some objectives grow in importance during the course of training; others diminish or disappear altogether. It's important to reconnect with the reasons that are driving you on this final push to the finish line.

Day 62, Saturday · Rest Day

Maintaining a calm expression signals to the rest of your body that things are going smoothly. Relaxing key parts of your body—particularly your facial muscles—is important when you're digging deep. Tensing those muscles will sap the energy you need to run.

Day 63, Sunday · 8 Miles LSD

Today is a moderate long run before the race. You may want to make it happen around the same time your race is scheduled to start. Many races don't start until midmorning. The timing will affect your fueling, hydration, and bathroom strategies, all of which could impact your finishing time on race day. (Pace: 8:24/mile)

WEEK 10

Day 64, Monday · Rest or Cross-Train

This is your final week of training. Your race is this weekend!

This week, don't try anything new. From now until after you cross the finish line, use the fuel, gear, and mental strategies that have worked for you during training. Rest as much as you can, do the final training runs on the schedule, and resist the urge to cram in extra miles. Make an extra effort to stay hydrated and eat healthy this week; stick to the foods you know you digest well, and keep you energized for your runs. If you're feeling antsy, catch up with friends, see some movies, or get to that stack of magazines that have been piling up. Don't do any new activities. Even if it seems like a gentle activity, such as yoga, now is the time when you're most vulnerable to injury.

Day 65, Tuesday · 4 Miles Easy

Be sure to eat right in the days leading up to the race. About 60 percent of your daily calories should come from high-quality carbohydrates, such as vegetables and whole grains. (Pace: 8:24/mile)

Day 66, Wednesday · 6 Miles with Intervals

2 miles easy running

1x400 at 1:32 pace with 200 easy run recovery

1x800 at 3:04 pace with 400 easy run recovery

1x400 at 1:32 pace with 200 easy run recovery

1x800 at 3:04 pace with 400 easy run recovery

1x400 at 1:32 pace with 200 easy run recovery

1 mile easy running

This is referred to as a taper workout. All you want to do is get your legs moving with some turnover and then cool down.

Day 67, Thursday · 0–3 Miles Easy

As tough as it may be, resist the temptation to do more—you've done all the hard work of training to get fit. Now's the time to let your body adapt to the training stresses so that you can show up at the starting line strong, energized, and ready to run your best. (Pace: 8:24/mile)

Day 68, Friday · Rest Day

Try to get plenty of sleep tonight. On the eve of your race, you may be too restless and excited to get the quality z's you need. Gather the clothes, gear, and fuel supplies you'll use for the race; review all the logistics for race day. You may even want to confirm your pre-race dinner for tomorrow.

Day 69, Saturday · 2–3 Miles Easy

It's perfectly normal to feel some jitters. A nice easy run will help calm those. Try to mentally rehearse everything going smoothly on race day. Visualize yourself passing each mile mark feeling strong and crossing the finish line with a smile on your face. You should feel proud that you were brave enough to take on the challenge of training for a marathon. By tomorrow afternoon, you will have covered a distance that might have once seemed impossible. Take the time to savor this immense achievement.

Day 70, Sunday · Race Day

Good luck! When the starting gun goes off, try to hold back for the first mile before settling in to your goal pace. You can use the energy you save early to surge in the final miles.

Be sure to walk and stretch immediately after you finish to reduce soreness and stiffness in the days to come. Afterward, ice your legs and put your feet up. Be sure to celebrate your big accomplishment!

Thank you for training with Runner's World. Check out our training plans for 5Ks, 10Ks, marathons, and the postseason.