## **Toronto Women's Half Marathon**

## HALF MARATHON SCHEDULE: 2:15-2:30 hrs

Use this schedule if running 0-9 km/wk (0-6 miles/wk) per week by week 1.

		WEEK MON. TUE.		WED.	THU. FRI. SA		SAT.	SUN. TOTAL		1		
Date		Phase	Rest	Dist.	Intensity	Rest/X-T	Moderate	Rest	Rest/X-T	Long		Notes
	1	Endurance	OFF	3	Easy Run	OFF	3	OFF	OFF	4	10 Mil	es
		Building		5		or XT	5		or XT	6	16 Kild	ometers
	2	Endurance	OFF	3	Tempo	OFF	3	OFF	OFF	5	11 M	
		Building		5	Run	or XT	5		or XT	8	18 K	
	3	Endurance	OFF	3	Tempo	OFF	4	OFF	OFF	6	13 M	
		Building		5	Run	or XT	6	0 ==	or XT	10	21 K	
	4	Endurance	OFF	4	Tempo	OFF	4	OFF	OFF	7	15 M	
	_	Building		6	Run	or XT	6	055	or XT	11	24 K	
	5	Endurance	OFF	4	Tempo	OFF or XT	5 8	OFF	OFF or XT	5 8	14 M 23 K	
	6	Building Endurance	OFF	6 5	Run	OFF	4	OFF	OFF	7	16 M	
	١٥	Building		8	Tempo Run	or XT	6	OFF	or XT	11	26 K	
	7	Strength	OFF	3	IXUII	OFF	5	OFF	OFF	8	16 M	
	′	Building		5	4R HILLS	or XT	8	011	or XT	13	26 K	
	8	Strength	OFF	4		OFF	6	OFF	OFF	7	17 M	
		Building		6	5R HILLS	or XT	10	<b>.</b>	or XT	11	27 K	
	9	Strength	OFF	5		OFF	4	OFF	OFF	8	17 M	
		Building		8	6R HILLS	or XT	6		or XT	13	27 K	
	10	Strength	OFF	5		OFF	5	OFF	OFF	9	19 M	
		Building		8	7R HILLS	or XT	8		or XT	14	31 K	
	11	Speed	OFF	4		OFF	4	OFF	OFF	10	18 M	
		Building		6	Fartlk 5x2min	or XT	6		or XT	16	29 K	
	12	Speed	OFF	4		OFF	6	OFF	OFF	7	17 M	
		Building		6	Intrvl 2x1km	or XT	10		or XT	11	27 K	
	13	Speed	OFF	5		OFF	4	OFF	OFF	11	20 M	
	4.4	Building	OFF	8	Fartlk 5x3min	or XT	6	OFF	or XT	17	31 K	
	14	Speed Building	OFF	5 8	F	OFF or XT	5 8	OFF	OFF or XT	11 18	21 M 34 K	
	15	Speed	OFF	5	Fartlk 3x5min	OFF	6	OFF	OFF	12	23 M	
	13	Building		8	Intervl 3x1km	or XT	10	OFF	or XT	19	37 K	
	16	Speed	OFF	5	IIILEIVI SATKIII	OFF	7	OFF	OFF	7	19 M	
	` `	& Taper	0	8	Intrvl 4x800	or XT	11	0	or XT	11	31 K	
	17	Taper	OFF	4		OFF	4	OFF	OFF	13	21 M	
				6	Race Pace	or XT	6			21		RACE DAY
If a new or ver	y no	vice runner, it	might be	helpfu	I to use the R	un/Walk ap	proach, at le	ast to get s	started; may	be even	use it for lond	runs.
RUN/WALK a	-		_					_				
Each week as								-				
							-		-			
For Tues.	Run/Walk for Long Runs, but see if you can run continuously for short runs to build your endurance.  A Tempo Runs: do 2km or more easy warmup, then (the km # above) at a faster pace (harder to talk during), then 2k cool down											
Intensity	В											
workouts			•				• .		,, ,, ,			km at usual pace.
		•					0 0	,	00	0 3		•
	Speed/Fartlek Runs: do 1-2k warmup then the # of surges above for # of min done on flat terrain/jog recovery/cool down D Interval Runs: do Warm-up then whatever distance & no. of repeats at 5-6min/km, with a 2min rest (walk or jog) in between											
P												
Note: 'XT' = Crosstraining (biking, Elliptical, aerobics, XC skiing etc)If you prefer to run on days other than above, just copy and paste columns as preferred												
Times below are ranges - you may run comfortably anywhere within a range for each type of run - try different ones to learn yours.												
Moderate = 6:35-7:20 min/km (= 10:30-11:45 min/mile)   Long Run = 7:20-8 min/km (= 11:45-13 min/mile)												
RACE PACE: 6:30-7:10 min/km (10:20-11:30 min/mile) = 2:15-2:30 hr Half Marathon finish												

Notes:			