Toronto Women's Half Marathon

HALF MARATHON SCHEDULE: 2 hrs to 2:15

Use this schedule if running 10-19 km (6-12 mi) per week by week 1.

		WEEK	MON.	TI	JE.	WED.	THU.	FRI.	SAT.	SUN.	TOTAL	
Date		Phase	Rest	Dist.	Intensity	Rest/X-T	Rest/EZ	Moderate	Rest/X-T	Long		NOTES:
	1	Endurance	OFF	3	Tempo	OFF	OFF	4	OFF	5		iles
		Building		5	Run	or XT		6	or XT	8	19 K	ilometers
	2	Endurance	OFF	3	Tempo	OFF	OFF	4	OFF	6	13 M	
		Building		5	Run	or XT		6	or XT	10	21 K	
	3	Endurance	OFF	4	Tempo	OFF	OFF	5	OFF	7	16 M	1
		Building		6	Run	or XT		8	or XT	11	26 K	
	4	Endurance	OFF	4	Tempo	OFF	OFF	5	OFF	8	17 N	1
		Building		6	Run	or XT		8	or XT	13	27 K	
	5	Endurance	OFF	5	Tempo	OFF	OFF	6	OFF	6	17 N	1
		Building		8	Run	or XT		10	or XT	10	27 K	,
	6	Endurance	OFF	5	Tempo	OFF	3	4	OFF	7	19 M	1
		Building		8	Run	or XT	5	6	or XT	12	31 K	,
	7	Strength	OFF	4		OFF	3	6	OFF	8	21 N	1
		Building		6	5R HILLS	or XT	5	10	or XT	13	34 K	
	8	Strength	OFF	4		OFF	3	7	OFF	7	21 N	1
		Building		6	6R HILLS	or XT	5	11	or XT	12	35 K	
	9	Strength	OFF	5		OFF	3	5	OFF	10	23 N	
		Building		8	7R HILLS	or XT	5	8	or XT	16	37 K	
	10	Strength	OFF	5	-	OFF	3	4	OFF	10	22 N	
	. •	Building	•	8	8R HILLS	or XT	5	6	or XT	14	33 K	
	11	Speed	OFF	4	011111220	OFF	3	3	OFF	11	21 N	
		Building	0	6	Fartlk 6x2min	or XT	5	5	or XT	18	34 K	
	12	Speed	OFF	5	T GITTIN OXZITILIT	OFF	3	6	OFF	9	23 N	
	12	Building	011	8	Intrvl 3x800m	or XT	5	10	or XT	14	37 K	
	13	Speed	OFF	5	IIII VI OXOGOIII	OFF	3	5	OFF	11	24 N	
	10	Building	011	8	Fartlk 6x3min	or XT	5	8	or XT	18	39 K	
	1/1	Speed	OFF	5	T druk Oxoniin	OFF	3	6	OFF	11	25 N	
	17	Building	OH	8	Intervl 3x1km	or XT	5	10	or XT	17	40 K	
	15	Speed	OFF	5	IIILEIVI SX IKIII	OFF	3	7	OFF	12	27 N	
	13	Building	OFF	8	Introd Eveno	or XT	5	11	or XT	19	43 K	
	16	Speed	OFF		Intrvl 5x800		OFF			8		
	10		OFF	5	l=t= d 0 - 400	OFF	OFF	8 13	OFF or VT	0 13	21 N 34 K	
	17	& Taper	OFF	8	Intrvl 6x400	or XT	OFF		or XT		21 N	
	17	Taper	OFF	4 6	Race Pace	OFF or XT	OFF	4 6	OFF	13 21		RACE DAY
16												
If a new or very			•	•				•			-	
RUN/WALK ap					•			•				un.
Each week as							J		J		t 1 min.	
Continue the R												
For Tues.		•			•	•		-	•		•	n 2k cool down
Intensity	В	Hills: 1-2k wa	arm-up the	en the	R# above in 4	5-50 secor	nd surges ເ	ıphill rest by	y jogging do	own/ do 1k	cool down	
workouts			•				0		, 00 0			/cool down
workouts C 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												
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 = 5:50-6:30 min/km (= 9:25-10:30 min/mile) Long Run = 6:30-7:20 min/km (= 10:30-11:45 min/mile)												
RACE PACE: 5:45-6:30 min/km (9:10-10:20 min/mile) = 2hr to 2:15 Half Marathon finish												

Notes:				