



Fort Worth Half Marathon Novice Plan

Good for first time half marathoners and have 4 days a week to run

Runners should start this plan running 10-15 miles per week

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Week 1	2 miles EZ	REST or CT	2 miles with Fartleks x6	REST	2 miles EZ	5 miles EZ	REST
Week 2	3 miles EZ	REST or CT	3 miles total, hill reps x6	REST	2 miles EZ	6 miles EZ	REST
Week 3	3 miles EZ	REST or CT	3 miles with Fartleks x8	REST	2.5 miles EZ	6 miles EZ	REST
Week 4	2.5 miles EZ	REST or CT	WU: 1 mile, 1 mile tempo, Cool down 1 mile	REST	1.5 miles EZ	5 miles EZ	REST
Week 5	3 miles EZ	REST or CT	4 miles total hill reps x8	REST	2 miles EZ	7 miles EZ	REST
Week 6	3.5 miles EZ	REST or CT	4 miles with Fartleks x8	REST	3 miles EZ	8 miles EZ	REST
Week 7	4 miles EZ	REST or CT	4 miles with fartleks x10	REST	3 miles EZ	8 miles EZ	REST
Week 8	3 miles EZ	REST or CT	WU: 1 mile, 1.5 miles tempo, CD to make 4 miles	REST	2 miles EZ	6 miles EZ	REST
Week 9	4 miles EZ	REST or CT	4 miles with fartleks x8	REST	3 miles EZ	8 miles EZ	REST
Week 10	4.5 miles EZ	REST or CT	WU: 1 mile 2 x 1 mile tempo with 5 min recovery jog or walk, Cool down 10 min	REST	3 miles EZ	9 miles EZ	REST
Week 11	5 miles EZ	REST or CT	5 miles total with hill reps x10	REST	3 miles EZ	10 miles EZ	REST
Week 12	4 miles EZ	REST or CT	WU: 1 mile, 2 mile tempo, CD: 2 miles	REST	3 miles EZ	7 miles EZ	REST
Week 13	5 miles EZ	REST or CT	5 miles with fartleks x10	REST	3 miles EZ	11 miles EZ	REST
Week 14	6 miles EZ	REST or CT	WU: 1 mile, 2 x 1.5 miles tempo with 5 min recovery, CD to make 1 hour	REST	3 miles EZ	12 miles EZ	REST
Week 15	4 miles EZ	REST or CT	4 mile with fartleks x10	REST	2 miles EZ	5 miles EZ	REST
Week 16	3 miles EZ	REST or CT	WU: 1 mile, 4 x 400 at race pace with 400 rec, CD: to make 4 miles	REST	REST	2 miles EZ	RACE DAY!

EZ Run: Conversational pace, less than 70 percent of max Heart Rate, 2-3 mins slower than 5k pace. Run/Walk if you need to!

Fartlek: Short-controlled burst up to a minute in length. 5k efforts on fartleks

Tempo: Comfortably-uncomfortable. Don't race these! Effort is just below that burning feeling. Think 10k to half marathon type effort! Steady effort!

Hill Reps: Moderate grade hill is best. Run these 90 percent effort. These should be 45 seconds in length. Think strong and good form! Slow jog or recoveries back down.

Cross Train: Don't run. Still get aerobic benefit from cycling, rowing, swimming, etc.

Rest: Exactly what it says. Eat well, hydrate, get your feet up. You can only train as hard as you recover!

*If you have questions regarding this plan, reach out to info@runrelated.com. Place "FTW Marathon" in the subject

**If you'd like a more customized coaching approach, send an email to info@runrelated.com or visit RunRelated.com

