

# Toronto Women's Half Marathon

## HALF MARATHON SCHEDULE: 2 hrs to 2:15

*Use this schedule if running 13-20 km/wk (8-12 mi/wk) per week by week 1.*

		WEEK	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.	TOTAL	NOTES:
Date	Phase	Rest/EZ	Dist.	Intensity	Rest/X-T	Moderate	Rest	Rest/X-T	Long		
	1	Endurance Building	OFF	2 Tempo 3 Run	OFF or XT	3 5	OFF	OFF or XT	4 6	9 14	Miles Kilometers
	2	Endurance Building	OFF	3 Tempo 5 Run	OFF or XT	3 5	OFF	OFF or XT	5 8	11 18	M K
	3	Endurance Building	OFF	3 Tempo 5 Run	OFF or XT	4 6	OFF	OFF or XT	6 10	13 21	M K
	4	Endurance Building	OFF	3 Tempo 5 Run	OFF or XT	4 6	OFF	OFF or XT	4 6	11 18	M K
	5	Endurance Building	OFF	3 Tempo 5 Run	OFF or XT	3 5	OFF	OFF or XT	6 10	12 19	M K
	6	Endurance Building	OFF	4 Tempo 6 Run	OFF or XT	4 6	OFF	OFF or XT	7 11	15 24	M K
	7	Endurance Building	OFF	3 Tempo 5 Run	OFF or XT	5 8	OFF	OFF or XT	6 10	14 23	M K
	8	Endurance Building	OFF	4 Tempo 6 Run	OFF or XT	5 8	OFF	OFF or XT	7 11	16 26	M K
	9	Endurance Building	OFF	3 Tempo 5 Run	OFF or XT	5 8	OFF	OFF or XT	8 13	16 26	M K
	10	Endurance Building	3 5	4 Tempo 6 Run	OFF or XT	4 6	OFF	OFF or XT	6 10	17 27	M K
	11	Endurance Building	3 5	4 Tempo 6 Run	OFF or XT	5 8	OFF	OFF or XT	8 13	20 32	M K
	12	Endurance Building	3 5	4 Tempo 6 Run	OFF or XT	6 10	OFF	OFF or XT	6 10	19 31	M K
	13	Endurance Building	3 5	6 Tempo 10 Run	OFF or XT	4 6	OFF	OFF or XT	9 14	22 35	M K
	14	Strength Building	3 5	4 5R HILLS	OFF or XT	6 10	OFF	OFF or XT	7 12	20 33	M K
	15	Strength Building	3 5	4 6R HILLS	OFF or XT	7 11	OFF	OFF or XT	9 14	23 37	M K
	16	Strength Building	3 5	5 7R HILLS	OFF or XT	5 8	OFF	OFF or XT	10 16	23 37	M K
	17	Strength Building	3 5	5 8R HILLS	OFF or XT	6 10	OFF	OFF or XT	8 13	22 35	M K
	18	Speed Building	3 5	4 Fartk 6x2min	OFF or XT	7 11	OFF	OFF or XT	11 17	25 40	M K
	19	Speed Building	3 5	5 Intervl 3x800m	OFF or XT	5 8	OFF	OFF or XT	10 16	23 37	M K
	20	Speed Building	3 5	5 Fartk 6x3min	OFF or XT	7 11	OFF	OFF or XT	12 18	27 42	M K
	21	Speed Building	3 5	5 Intervl 3x800m	OFF or XT	8 13	OFF	OFF or XT	13 21	29 47	M K
	22	Speed Building	3 5	5 Intrvl 5x4min	OFF or XT	5 8	OFF	OFF or XT	12 18	25 39	M K
	23	Speed & Taper	OFF	4 Intrvl 6x400	OFF or XT	8 13	OFF	OFF or XT	9 14	21 33	M K
	24	Taper	OFF	4 6 Race Pace	OFF or XT	4 6	OFF	OFF	13 21	21 34	M K RACE DAY

If a new or very novice runner, it might be helpful to use the Run/Walk approach, at least to get started; maybe even use it for long runs.

RUN/WALK approach...alternate jogging (slow running) for 2 or 3 minutes then walking for 1... Repeat for entire time or distance of run.

Each week as this becomes more comfortable, add 1-2 minutes to the run segments while maintaining the walk break at 1 min.

Continue the Run/Walk for Long Runs, but see if you can run continuously for short runs to build your endurance.

For Tues. 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 B Hills: 1-2k warm-up then the R# above in 45-50 second surges uphill... rest by jogging down/ do 1k 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

**Moderate Pace = 5:50-6:30 min/km**

**Long Run = 6:30-7:20 min/km**

**RACE PACE: 5:45-6:30 min/km (or 9:10-10:20 min/mile) = 2hr to 2:15 Half Marathon finish**