

RULES of the HALF GAME

TO RUN 21.1 KAYS WELL, YOU NEED TO BUILD ENDURANCE AND SPEED FOR A STRONG RACE AND A FAST FINISH.

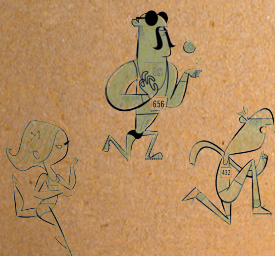


If you regularly log 40 to 50 kays per week, average at least 10 kays on your long run, and have a time goal in mind, use the following plan to prep for an upcoming half marathon. The build-up is longer – 14 weeks versus the typical 10 – which establishes a stronger base. The emphasis on hills builds leg and lung strength to power up inclines and to run fast on the flats.

To identify your ideal training paces, plug your most recent race time into a pacing calculator.

WEEK	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
1 ▶	Rest	10 kays easy	6 kays easy	11 kays hills	Rest	8 kays easy	13 kays LSD	48
2 ▶	Rest	10 kays easy	6 kays easy	11 kays hills	Rest	8 kays easy	17 kays LSD	52
3 ▶	Rest	10 kays	8 kays easy	13 kays hills	Rest	10 kays easy	18 kays LSD	59
4 ▶	Rest	10 kays easy	8 kays easy	10 kays hills	Rest	10 kays easy	11 kays LSD	49
5 ▶	Rest	11 kays easy	8 kays easy	13 kays hills	Rest	10 kays easy	17 kays LSD	59
6 ▶	Rest	11 kays easy	10 kays easy	Hill repeats (13 kays total)	Rest	6 kays easy	20 kays LSD	60
7 ▶	Rest	11 kays easy	10 kays easy	Kay repeats (13 kays total)	Rest	8 kays easy	17 kays LSD	59
8 ▶	Rest	10 kays easy	6 kays easy	11 kays hills	Rest	8 kays easy	17 kays LSD	52
9 ▶	Rest	10 kays easy	8 kays easy	13 kays with 35 min @ tempo	Rest	6 kays easy	17 kays LSD	54
10 ▶	Rest	11 kays easy	10 kays easy	Hill repeats (13 kays total)	Rest	8 kays easy	23 kays LSD	65
11 ▶	Rest	11 kays easy	8 kays easy	15 kays with 35 min @ tempo	Rest	8 kays easy	17 kays LSD	59
12 ▶	Rest	13 kays easy	10 kays easy	Hill repeats (11 kays total)	Rest	10 kays easy	5-K* or 10-K race	49-54
13 ▶	Rest	10 kays easy	Rest	Hill repeats (11 kays total)	Rest	8 kays easy	13 kays LSD	42
14 ▶	Rest	5 kays easy	5 kays easy	10 kays easy with strides	Rest	5 kays easy	Race day	25

KEY



▶ **REST** Ideally, do no exercise. Non-impact cross-training like stretching, yoga, or swimming is fine.

▶ **EASY** Run at a conversational pace or cross-train. When on a bike or a rowing or elliptical machine, maintain a sustained aerobic effort.

▶ **HILLS** Run on the hilliest terrain you can find, with a variety of grades. Try to maintain the same effort level on both the uphill and the downhill.

▶ **LSD** Long, slow distance run that builds endurance. Run at a conversational pace. LSDs are rehearsals for race day – use them to determine your gear choices and fuelling strategies before and during the run.

▶ **HILL REPEATS** Find a hill that takes at least two minutes to climb. Mark off a short repeat, halfway from the bottom, and a long repeat to the top. Warm up, then run to the short mark three or four times, jogging down to recover. Then run to the top three or four times, jogging down to the short mark, then sprint to the bottom. Repeat three or four times.

▶ **TEMPO** These runs teach your body how to hold a faster pace over time. Do them at a comfortably hard pace, where you can talk in phrases.

▶ **5-K / 10-K RACE** This 'tune-up' race is optional. If you choose to do it, use it as a race rehearsal for your half-marathon – practise what you'll wear, eat, and drink, as well as your pacing strategy.