

## Forerunners      2009 Scotiabank Half Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Workout Type</b>	<b>Strides<sup>1</sup> + Marathon Pace<sup>2</sup></b>	<b>Recovery<sup>3</sup></b>	<b>Workout at Forerunners (1/2 marathon and faster)</b>	<b>Recovery<sup>3</sup></b>	<b>Recovery<sup>3</sup></b>	<b>Long Run</b>	<b>Recovery<sup>3</sup></b>	<b>Approximate Mileage Total (for M, W, Sa)</b>
<b>April 6 – 12</b>			<b>Intervals (10 km pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>8 – 10 km</b>	<b>Recovery</b>	<b>16 – 18 km</b>
<b>April 13 – 19</b>	<b>2 x :20 strides + 3 km</b>	<b>Recovery</b>	<b>Pyramids (5 km pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>10 – 12 km</b>	<b>Recovery</b>	<b>23 – 25 km</b>
<b>April 20 – 26</b>	<b>4 x :20 strides + 4 km</b>	<b>Recovery</b>	<b>Ladder (1/2 marathon Pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>12 – 14 km</b>	<b>Recovery</b>	<b>30 – 32 km</b>
<b>April 27 – May 3</b>	<b>3 x :20 strides + 2 km</b>	<b>Recovery</b>	<b>Fartlek (variable pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>8 – 9 km</b>	<b>Recovery</b>	<b>22 – 23 km</b>
<b>May 4 – 10</b>	<b>4 x :20 strides + 4 km</b>	<b>Recovery</b>	<b>Pyramids (10 km pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>12 -14 km</b>	<b>Recovery</b>	<b>30 – 32 km</b>
<b>May 11 – 17</b>	<b>6 x :20 strides + 5 km</b>	<b>Recovery</b>	<b>Ladder (5 km pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>14 – 16 km</b>	<b>Recovery</b>	<b>30 – 32 km</b>
<b>May 18 – 24</b>	<b>4 x :20 strides + 3 km</b>	<b>Recovery</b>	<b>Intervals (1/2 marathon pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>9 – 10 km</b>	<b>Recovery</b>	<b>25 – 26 km</b>
<b>May 25 – 31</b>	<b>8 x :20 strides + 6 km</b>	<b>Recovery</b>	<b>Fartlek (variable pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>16 – 18 km</b>	<b>Recovery</b>	<b>36 – 38 km</b>
<b>June 1 – 7</b>	<b>10 x :20 strides + 8 km</b>	<b>Recovery</b>	<b>Hill Circuit (10 km pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>18 – 20 km</b>	<b>Recovery</b>	<b>42 – 44 km</b>
<b>June 8 – 14</b>	<b>6 x :20 strides + 4 km</b>	<b>Recovery</b>	<b>Intervals (5 km pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>12 – 14 km</b>	<b>Recovery</b>	<b>28 – 30 km</b>
<b>June 15 – 21</b>	<b>4 x :20 strides + 3 km</b>	<b>Recovery</b>	<b>Pyramids (1/2 marathon pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>9 – 10 km</b>	<b>Recovery</b>	<b>26 – 28 km</b>
<b>June 16 – 28</b>	<b>4 x :20 strides + 2 km</b>	<b>Recovery</b>	<b>Fartlek (variable pace)</b>	<b>Recovery</b>	<b>Recovery</b>	<b>Recovery</b>	<b>Recovery</b>	<b>34 km (with race)</b>

Notes : 1) During your strides focus on relaxed sprinting and good form at around 80 – 90 % of your maximum speed. 2) Before Monday's workout start with a 2 km warm-up and the prescribed number of strides and after the workout conclude with a 2 km cool-down. 3) On your recovery days either rest completely, run at a relaxed pace, or cross train. Do no more than half the volume of your weekly long run (i.e. If your long run is 10 km your recovery run would be 5 km max). If you have any questions please feel free to email me at [jerry.ziak@forerunners.ca](mailto:jerry.ziak@forerunners.ca).