

Forerunners 2010 Scotiabank Half Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Type	Sprints + Marathon (M) Pace For your sprints, run at 80 to 90 % of maximum speed focusing on relaxation and good form (take 1 to 2 minutes recovery between each sprint). Always include 2 km easy warm-up before the sprints and 1 to 2 km cool-down after the marathon pace run. Also, before the sprints, perform 10 to 15 minutes of dynamic drills (many to be found on internet).	Recovery	Workout at Forerunners (1/2 marathon and faster) Below are examples of what to expect if you join us. All workouts are in minutes. These workouts can be modified to distances over a measured course (such as a track) if you are able to access such facilities. If not, you will need to run by effort or with a GPS or speed/distance monitor. Follow the same warm-up and cool-down procedure as Monday.	Recovery	Recovery	Long Run 30 to 45 seconds per kilometer slower than your half marathon goal pace. A range is given. Listen to your body and run the longer option if you are feeling strong.	Recovery
April 5 – 11			Hard Runs at ½ marathon pace: 6 x 4:00 (quarter recovery; In this case this means 1 minute walk or very easy run after each 4 minute run at ½ marathon pace)	Recovery	Recovery	8 – 10 km	Recovery
April 12 – 18	2 x :20 sprints + 4 km at M pace	Recovery	Hard Runs at 5 km pace: 1 – 1 – 2 – 2 – 3 – 3 – 2 – 2 – 1 – 1 (equal recovery)	Recovery	Recovery	10 – 12 km	Recovery
April 19 – 25	4 x :20 sprints + 6 km at M pace	Recovery	Hard Runs at 10 km pace: 7 – 6 – 5 – 4 – 3 (half recovery)	Recovery	Recovery	12 – 14 km	Recovery
April 26 – May 2	3 x :20 sprints + 3 km at M pace	Recovery	35 minute Fartlek (variable pace running in which you alternate hard and easy running over varying distances/times and terrain; variation is limited only by the imagination)	Recovery	Recovery	8 – 9 km	Recovery
May 3 – 9	4 x :20 sprints + 7 km at M pace	Recovery	Hard Runs at ½ marathon pace: 4 – 6 – 10 – 6 – 4 (quarter recovery)	Recovery	Recovery	12 -14 km	Recovery
May 10 – 16	6 x :20 sprints + 8 km at M pace	Recovery	Hard Runs at 5 km pace: 6 – 5 – 4 – 3 – 2 – 1 (equal recovery)	Recovery	Recovery	14 – 16 km	Recovery
May 17 – 23	4 x :20 sprints + 5 km at M pace	Recovery	Hard Runs at 10 km pace: 5 x 5:00 (half recovery)	Recovery	Recovery	9 – 10 km	Recovery
May 24 – 30	8 x :20 sprints + 10 km at M pace	Recovery	40 minute Fartlek (see above description)	Recovery	Recovery	16 – 18 km	Recovery
May 31 – June 6	10 x :20 sprints + 12 km at M pace	Recovery	Hard Runs at ½ marathon pace: 16 – 8 – 4 (quarter recovery)	Recovery	Recovery	18 – 20 km	Recovery
June 7 – 13	6 x :20 sprints + 6 km at M pace	Recovery	Hard Runs at 5 km pace: 6 x 3:00 (equal recovery)	Recovery	Recovery	12 – 14 km	Recovery
June 14 – 20	4 x :20 sprints + 4 km at M pace	Recovery	Hard Runs at 10 km pace: 3 – 4 – 5 – 6 – 5 – 4 – 3 (half recovery)	Recovery	Recovery	9 – 10 km	Recovery
June 21 – 27	4 x :20 sprints + 3 km at M pace	Recovery	30 minute Fartlek (focusing on ½ marathon pace)	Recovery	Recovery	2 – 4 km	Race Day

Notes: 1. On your recovery days either rest completely, run at an easy effort (equal to your long run effort or slower), or cross train. Do no more than half the volume of your weekly long run (E.g. If your long run is 10 km your recovery run would be 5 km maximum). 2. Do not increase how much you are doing on each of these days by more than 1.5 km/1 mile per run per week. 3. Notice that every third week is a recovery week during which your volume decreases by approximately one third. 3. Don't know how to pace your workouts? 1) Run by effort: you are going too fast if you can't run the second half of your run/workout as fast, or faster, than the first half. You should always end a workout feeling like you could do more if you had to. 2) Run by pace using a track, GPS Monitor, or Speed/Distance Monitor. Using a current race performance you can calculate your estimated fitness over other distances. A sample website where this can be calculated is at <http://www.runworks.com/calculator.html>. 3) Run by Heart Rate – This can be difficult to figure out if you don't know your maximum heart rate. This can be figured out through a 10 to 15 minute race effort (taking your heart rate after the final finishing sprint). A sample website for more information on heart rate training is at http://www.coachr.org/heart_rate_training_for_improved.htm.