

Half Marathon Training Program - Flying Pig 2018
Mariemont, OH

Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	1-Jan	Frostbite 5	3	Rest or Cross	2	Rest or Cross	3	2	15
2	8-Jan	2	3	Rest or Cross	2	Rest or Cross	4	2	13
3	15-Jan	2	3	Rest or Cross	2	Rest or Cross	5	2	14
4	22-Jan	2	3 miles + 4 x 400	Rest or Cross	2	Rest or Cross	6 Mariemont	2	17
5	29-Jan	2	3 miles + 4 Hills	Rest or Cross	2	Rest or Cross	5	3	17
6	5-Feb	3	4	Rest or Cross	3	Rest or Cross	Cyclones 5K	3	16.1
7	12-Feb	3	4 miles + 3 x 800	Rest or Cross	3	Rest or Cross	7	3	22
8	19-Feb	3	4 miles + 5 Hills	Rest or Cross	3	Rest or Cross	5	Hour Race Championships Tempo Run	24
9	26-Feb	3	5 miles + 6 x 400	Rest or Cross	3	Rest or Cross	9 Edgewood	3	26
10	5-Mar	3	1 mile warm-up 2 miles at race pace 1 mile cool down	Rest or Cross	3	Rest or Cross	6	3	19
11	12-Mar	3	6	Rest or Cross	3	3	OFF	Heart Mini Marathon	24.3
12	19-Mar	3	5 miles + 6 x Hills	Rest or Cross	4	Rest or Cross	11	3	28
13	26-Mar	3	5 miles + 7 x 400	Rest or Cross	4	Rest or Cross	8 Fountain Square	3	26
14	2-Apr	4	2 mile warm-up 4 miles at race pace 1 mile cool down	Rest	4	Rest	7	3	25
15	9-Apr	4	5 miles + 8 Hills	Rest or Cross	5	Rest or Cross	12 Washington Park	4	32
16	16-Apr	4	4 miles + 5 x 800	Rest or Cross	4	Rest or Cross	13	4	33
17	23-Apr	3	2 mile warm-up 3 miles at race pace 1 mile cool down	Rest or Cross	4	Rest or Cross	8	3	24
18	30-Apr	3	3	2	Rest or Cross	2	OFF	FLYING PIG	21.1

General Advice

Long Runs: Saturday mornings will be our long runs. Our long runs get progressively longer; however, we drop back every so often. Do not skip your long run on Saturdays. This will be key to finishing. Run slower on these runs. We recommend about 45 seconds slower than marathon pace.

Hill Training: Hill repeats make you stronger and faster.

Interval Training: This will help increase your aerobic capacity and overall speed.

Heart Mini 15K: This should be run at Marathon race pace.

Example: If you plan to run your 1/2 marathon in 2:15; this equals a 10:18 pace. Run this race at a 10:18 pace.

Cross Training: We recommend that you do some aerobic activity that is less impactful to the body; such as cycling and swimming. We also recommend that you use this time to do some core work.