

HALF MARATHON & 5K

Official Training Plan

Welcome to my ten-week training plan sponsored by St. Luke's University Health Network. Good luck with your training.

– Budd Coates



A COUPLE OF NOTES:

CROSS-TRAINING isn't necessarily a bad idea, but should be limited to rest days and easy days. Easy day cross-training should involve sustained aerobic activity like cycling or an elliptical trainer; rest day cross-training should be no-impact activity like stretching, yoga, or swimming.

HELPFUL TOOLS: To help determine your training paces you can search for a pace calculator on the internet such as www.mcmillanrunning.com.



THESE TRAINING PLANS BEGIN SUNDAY, FEBRUARY 12, 2017.

Questions?

Send your questions to 5ktrainingtips@stlukeshalf-marathon.com. Emails will be responded to on a weekly basis.

Group Runs

Lehigh Valley Road Runners offers training runs every day of the week. As race day draws near the Sunday group runs will mimic the mileage in these training plans. Visit <http://lvrr.org> for locations and times.



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1	4 miles	Rest	2 miles	2-3 miles	Rest	2 miles	2 miles	13
2	3 miles	Rest	1 mile	2 miles	Rest	1 mile	Rest	7
3	3 miles	Rest	1 mile	3 miles	Rest	1 mile	Rest	8
4	4 miles	Rest	1 mile	3 miles	Rest	2 miles	Rest	10
5	4 miles	Rest	2 miles	3 miles	Rest	2 miles	Rest	11
6	5 miles	Rest	2 miles	3 miles	Rest	2 miles	Rest	12
7	5 miles	Rest	2 miles	4 miles	Rest	2 miles	Rest	13
8	5-6 miles	Rest	2 miles	4 miles	Rest	2 miles	Rest	13-14
9	5-6 miles	Rest	2 miles	4 miles *	Rest	2 miles	Rest	13-14
10	4 miles	Rest	2 miles	4 miles *	Rest	2 miles	Rest	12

NOTES:

All runs should be at a comfortable, conversational pace unless otherwise noted.

* (Week 9): Run 2 miles at a comfortable pace, 1 mile at the effort you want to run in the 5K, and then 1 mile at a comfortable pace.

* (Week 10): 1½ mile comfortable pace, ½ mile just over race pace, ½ mile easy, 1 mile just over race pace, ½ mile easy.



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1	4 miles	Rest	2 miles	2-3 miles	Rest	2 miles	2 miles	13
2	4 miles	Rest	2 miles	3-4 miles	Rest	2 miles	2 miles	13-14
3	5 miles	Rest	3 miles	4 miles w/speed	Rest	3 miles	2 miles	17
4	5 miles	Rest	3 miles	4 miles w/speed	Rest	3 miles	2 miles	17
5	5 miles	Rest	3 miles	4 miles 4*	Rest	3 miles with speed	3 miles	13
6	4 miles	Rest	3 miles	4 miles 4*	Rest	3 miles with speed	3 miles	17
7	6 miles	Rest	3 miles	4 miles Tempo	Rest	3 miles with speed	3 miles	19
8	4 miles	Rest	3 miles	4 miles Tempo	Rest	3 miles with speed	3 miles	17
9	6 miles	Rest	3 miles	4 miles Tempo	Rest	3 miles with speed	3 miles	19
10	4 miles	Rest	2 miles	4 miles Tempo	Rest	3 miles with speed	2 miles	15

NOTES:

All runs should be at a comfortable, conversational pace unless otherwise noted.

Miles w/speed: After running comfortably, with 2 miles to go in your run, do the following: Run 20-seconds at race pace followed by 40-seconds of easy running. Repeat for a total of 10 repetitions. Finish your run at a comfortable pace.

4* (weeks 5 & 6): 1½-mile comfortable pace, ½ mile just over race pace, ½ mile easy, 1 mile just over race pace, ½ mile easy.

Tempo (weeks 7 – 10):

Run one (1) mile at comfortable pace.

Run two (2) miles just over race pace.

Run one (1) mile easy.



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1	6 miles	0-2 miles	4-6 Hill miles	6 miles with speed	0-2 miles	4 miles	0-3 miles	20-29
2	6 miles	0-2 miles	4-6 Hill miles	6 miles with speed	0-2 miles	4 miles	0-3 miles	20-29
3	7 miles	0-2 miles	4-6 Hill miles	8 *	0-2 miles	4 miles w/speed	0-3 miles	23-32
4	6 miles	0-2 miles	6 Hill miles	8*	0-2 miles	4 miles w/speed	0-3 miles	24-31
5	8 miles	0-2 miles	6 Hill miles	8*	0-2 miles	4 miles w/speed	0-3 miles	26-33
6	6 miles	0-2 miles	6 Hill miles	8*	0-2 miles	4 miles w/speed	0-3 miles	27-31
7	9 miles	0-2 miles	6 Hill miles	8*	0-2 miles	4 miles w/speed	0-3 miles	30-34
8	6 miles	0-2 miles	6 Hill miles	8*	0-2 miles	4 miles w/speed	0-3 miles	27-31
9	9 miles	0-2 miles	6 Hill miles	8*	0-2 miles	4 miles w/speed	0-3 miles	30-34
10	6 miles	0-2 miles	4 miles	5*	0-2 miles	4 miles w/speed	0-3 miles	26

NOTES:

Hill miles: This run should include 3–6 hills of between 200–800 yards. Effort should be comfortable up, down and on the flat.

Miles with speed: After running comfortably and with two miles to go in your run, do the following: Run 20–seconds at race pace followed by 40–seconds of easy running. Repeat for a total of 10 repetitions. Finish your run at a comfortable pace.

8* (weeks 3–9): All warm–up runs will be 3–miles and cool–downs will be 2–miles. 8x 1/4m at race pace with a 1/8m jog recovery.

6 Hill miles: This run should include 3–6 hills of between 200–800 yards. Effort should be comfortable up, down and on the flat.

5* (week 10): Run 2 miles at a comfortable pace, 1–mile at the effort you want to run in the 5K, and then 2 miles at a comfortable pace.