

# HALF FANATICS™



## RUN4PRs BEGINNER HALF MARATHON PLAN

Prerequisite to 3 half marathons in 90 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>4 MI TEMPO</b> 1 MI EASY WARM UP 3 X 5 MIN AT 10K PACE WITH 2 MIN JOG BETWEEN COOL DOWN EASY PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>5 MI EASY</b> FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>4 MI TEMPO</b> 1 MI EASY WARM UP 2 X 1 MI @ HALF MARATHON PACE WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>6 MI EASY</b> FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>5 MI UP-TEMPO PROGRESSION</b> START AN EASY PACE & PICK UP THE PACE EVERY MILE FOR 4 MILES ENDING AROUND 10K EFFORT COOL DOWN 1 MILE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>7 MI EASY</b> FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>5 MI TEMPO</b> 1 MI EASY WARM UP 3 X 1 MILE @ HALF MARATHON PACE WITH 2 MIN EASY BETWEEN COOL DOWN TO 5 TOTAL
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>5 MI HILLS</b> 2 MI EASY WARM UP 6 X 30 SEC HILL HARD EFFORT WITH WALK/JOG DOWN COOL DOWN EASY PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>7 MI EASY</b> START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>5 MI SPEED</b> 1 MI EASY EARM UP 4 X .5 MI @ 5K PACE WITH 2 MIN JOG BETWEEN COOL DOWN TO 5 TOTAL	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>8 MI EASY</b> START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>6 MI TEMPO</b> 1 MI EASY WARM UP 4 MILES AT HALF MARATHON RACE PACE COOL DOWN TO 6 TOTAL
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>6 MI HILLS</b> 2 MI EASY WARM UP 5 X 1 MIN HILL HARD EFFORT WITH JOG/WALK DOWN RECOVERY COOL DOWN TO 6 TOTAL	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>8 MI EASY</b> START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>5 MI STEADY</b> RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>9-10 MI EASY</b> VERY EASY PACE! FIND A HILLY ROUTE PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>6 MI HILLS</b> 2 MI EASY WARM UP 8 X 30 SEC HILL HARD EFFORT WITH WALK/JOG DOWN COOL DOWN EASY PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>7-8 MI TEMPO</b> 1 MI EASY WARM UP 4 X 1 MILE AT 10K PACE WITH 2 MIN JOG BETWEEN COOL DOWN TO 7-8 TOTAL
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>4 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>6 MI UP-TEMPO PROGRESSION</b> START AN EASY PACE & PICK UP THE PACE EVERY MILE FOR 5 MILES ENDING AROUND 10K EFFORT COOL DOWN 1 MILE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>5 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>10-11 MI EASY</b> START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>6 MI STEADY</b> RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>OPTIONAL DAY: AEROBIC CROSS TRAIN</b> 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	<b>7 MI EASY</b> START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3-4 MI STEADY</b> RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>3 MI EASY</b> 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<b>REST</b> Foam roll, epsom salt bath & stretch	<b>1-2 MI EASY</b> SUPER EASY IN THE MORNING TO SHAKE THE LEGS OUT BEFORE THE BIG RACE	<b>HALF MARATHON</b> START SLOW & HAVE FUN 33% OF THE WAY TO HALF FANATIC