

STRAVA

Project

1:59

KARA GOUCHER'S  
10-WEEK HALF-MARATHON TRAINING PLAN



**PROJECT 1:59**

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KARA GOUCHER FOR

**STRAVA**

I'm excited to provide this Project 1:59 half-marathon training plan. We all have goals that we set for ourselves and sometimes we need a little help and motivation to achieve them. I hope that I can be that extra push for everyone trying to break 2 hours in the half-marathon. This ten week plan gives you a lot of flexibility to fit the training into your personal schedule. The hard days are there for you to follow, but the easy days can be individualized to your needs. I love seeing other people achieve their goals and I hope that this training plan helps a lot of people go sub 2! Of the 240,000 Strava athletes who have run a half marathon last year, over half of them ran their race under 2 hours. You can do it, too!

*Kara Goucher*

## WEEK

## 01

Training starts now! This first week gives our bodies a little prep for what's to come. It should be light, fun, and achievable. Average weekly mileage of Strava 2 hour half marathoners is about 17 miles. Make sure to tailor this program to your own weekly needs.

**M**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Tu**

**Turnover Day**  
4 - 8 miles

Easy run with **strides**.  
  
Aim for 10x 100 meters at  
faster than race pace.

**W**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Th**

**Tempo Day**  
5 - 9 miles

Easy warmup 1-2 miles

**Fartlek** Swedish for "speed play" (4x):  
3 min / 8:30 mi pace / 3 min recovery  
2 min / 8:15 mi pace / 2 min recovery  
1 min / sub-8 min mi pace / 1 min recovery

Cool down as necessary

**F**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Sa**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Su**

**Long Run Day**  
6 miles

**Long Run.** Aim for at  
least 6 miles. Run as  
close to 10:00 min  
mile pace or under if  
possible.

## WEEK

## 02

Hello everyone! This week we are starting to build on our speed and workouts from last week. We are going to get a little strength from the hills and give our bodies a heads up on goal race pace!

**M**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Tu**

**Turnover Day**  
4 - 8 miles

Easy warmup: 1-2 miles

**8 x hill.**  
Hill should be 40-60  
seconds long. Think tall,  
efficient and fast as you run  
up the hill. Jog down slow.

Cool down as necessary

**W**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Th**

**Tempo Day**  
6 - 10 miles

Easy warmup: 1-2 miles

**Practice goal race pace.**  
Easy warmup. 3-4 x 1200meters (3 laps of the  
track) or a mile (4 laps) at goal race pace of  
9:09. Only go the full mile if you are feeling in  
control. If the pace feels hot, run 3 x 1200. If it  
feels controlled, run 4 x mile. Jog a quarter mile  
or 400 meter in-between each set.

Cool down as necessary

**F**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Sa**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Su**

**Long Run Day**  
7 miles

Aim for at least 7  
miles. Run as close to  
9:55 minute mile  
pace or under if  
possible.

## WEEK

## 03

Our fitness is building! This week, float through the quarters and feel in control on the tempo. Notice that our long run is getting a little longer. You can do this!

**M**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Tu**

**Turnover Day**  
6 - 8 miles

Easy warmup: 1-2 miles

6 - 8 400 meters (1 lap) on  
the track or .25 (quarter  
mile) repeats at least 1  
minute faster than goal  
pace, so 8:09 minute per  
mile. Aim for 2:02 per  
quarter or faster. Jog 400  
meters or a quarter mile  
between each set.

Cool down as necessary

**W**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Th**

**Tempo Day**  
6 - 9 miles

Easy warmup: 1-2 miles

3 miles at 20 seconds slower than goal pace.  
Shoot for 9:29 pace per mile. Stay steady. If  
you feel great, you can stretch out the final half  
mile of the tempo. Feel in control and fluid.

Cool down as necessary

**F**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Sa**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Su**

**Long Run Day**  
8 miles

Aim for at least 8  
miles. Run as close to  
9:50 minute pace or  
under if possible.

## WEEK

## 04

We are getting more comfortable with race pace this week. Make sure that you are hydrating well and getting good rest. You are doing great!

**M**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Tu**

**Turnover Day**  
5 - 8 miles

Easy run with strides.

Aim for 10 × 100 meters at  
faster than race pace.

**W**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Th**

**Tempo Day**  
7 - 10 miles

Easy warmup: 1-2 miles

**Race pace practice.** Easy warmup. 5-7 × 1k  
(2.5 laps of the track) at race pace  
(5:40 per kilometer). Take a very easy 400  
meters or quarter mile between sets.

Cool down as necessary

**F**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Sa**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Su**

**Long Run Day**  
9 miles

Aim for at least 9  
miles. Run as close to  
9:45 min mile pace or  
under if possible.

## WEEK

## 05

We are officially in the bulk of the hard training for our 1:59 half-marathon. The mix-it-up day will be a challenge, but one you can complete. Bring fluids to the long run so that you can hydrate properly during and after.

**M**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Tu**

**Turnover Day**  
5 - 9 miles

Easy warmup: 1-2 miles

**9 - 10 x hill.** Hill should be  
40-60 seconds long. Think  
tall, efficient and fast as you  
run up the hill. Jog down  
slow.

Cool down as necessary.

**W**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Th**

**Tempo Day**  
8 - 10 miles

Easy warmup: 1-2 miles

**Mix-it-up day.**  
2 mile tempo at 15 seconds over goal pace  
(18:48 for the total time). 5-7 × 150 meters  
strong. Stride out and stretch the legs. Get that  
turnover happening. Take rest between strides  
as necessary, but shoot for one stride every  
quarter mile or 400 meters. Back to 2 mile  
tempo in 18:18. This will be tough as you do the  
2nd tempo on tired legs.

Cool down as necessary

**F**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Sa**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Su**

**Long Run Day**  
9 miles

Aim for at least 9  
miles. Run as close to  
9:45 min mile pace or  
under if possible.

## WEEK

## 06

We are really starting to challenge ourselves this week. Your fitness is building after 5 solid weeks. The half-mile repeats will be tough, but should give you great confidence when you nail them. Have a great week!

**M**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Tu**

**Turnover Day**  
6 - 8 miles

Easy warmup: 1-2 miles

**6-8 × 400 meter** or a quarter  
mile at least 1:20 faster than  
goal pace, so 7:49 minute  
mile pace. Aim for 1:57 per  
quarter or faster. Jog a  
quarter between each set.

Cool down as necessary

**W**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Th**

**Tempo Day**

Easy warmup: 1-2 miles

**Race pace day.** 8 × 800 meters (2 laps) or  
half-milers at 9:09 minute mile pace (4:34 for  
each repeat). Take 1 minute rest between each  
set. You should feel on top of this. It will get  
harder toward the end, but you should be able  
to finish strongly.

Cool down as necessary

**F**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Sa**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Su**

**Long Run Day**  
10 miles

Aim for at least 10  
miles. Run as close to  
9:45 min mile pace or  
under if possible.

## WEEK

## 07

Hello 1:59 half-marathoners. We have a tempo cutdown this week. You will rock it! Note the dip in our long run. Take advantage of a slightly shorter day, we will be going longer next week.

**M**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Tu**

**Turnover Day**  
5 - 8 miles

Easy run with strides.

Aim for 10 × 100 meters at  
faster than race pace.

**W**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Th**

**Tempo Day : Tempo Cutdown**  
7 - 10 miles

Easy warmup: 1-2 miles

**Tempo cutdown.** 4 mile tempo run cutting  
down 10 seconds per mile each mile. First mile  
should be 9:29, then 9:19, then 9:09, and  
finally 8:59.

Cool down as necessary

**F**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Sa**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Su**

**Long Run Day**  
9 miles

Aim for at least 9  
miles. Run as close to  
9:45 min mile pace or  
under if possible.

## WEEK

## 08

Get ready as this will be our hardest week of the training block. Make sure that you are eating well and hydrating properly. Sunday will be your longest run of the training block. Be confident, you have done the work to do this!

**M**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Tu**

**Turnover Day**  
5 - 9 miles

Easy warmup: 1-2 miles

**9-10 x hill.** Hill should be  
40-60 seconds long. Think  
tall, efficient, and fast as  
you run up the hill. Jog  
down slow.

Cool down as necessary

**W**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Th**

**Tempo Day**  
9 - 11 miles

Easy warmup: 1-2 miles

**Getting ready to rumble!** 3 × 2 mile repeats.  
First mile of each repeat should be 10 seconds  
slower than race pace so 9:19, second mile  
should be 10 seconds faster than race pace so  
8:59. Total time for the 2 miles should be right  
at race pace 18:18. Jog an easy 3 minutes  
between sets.

Cool down as needed. Big day!

**F**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Sa**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Su**

**Long Run Day**  
11 miles

Aim for at least 11  
miles. Run as close to  
9:45 min mile pace or  
under if possible.

## WEEK

## 09

This week we have our last hard session. Do not be intimidated. You can do this, stay mental strong and you will be fine! We are starting our taper, enjoy the shorter long run!

**M**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Tu**

**Turnover Day**  
5 - 7 miles

Easy warmup: 1-2 miles

**4-6 × 400 meter** or a quarter  
mile at least 1:20 faster than  
goal pace, so 7:49 minute  
mile pace. Aim for 1:57 per  
quarter or faster. Jog a  
quarter between each set.

Cool down as necessary

**W**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Th**

**Tempo Day**  
8 - 10 miles

Easy warmup: 1-2 miles

Last hard session! **6 miles** of continuous  
running. Each mile of the run should consist of  
1200 meters or 3/4 of a mile at 10 seconds  
slower than goal pace so 1200 meters in 6:59,  
followed by a 400 meter at 10 minute mile pace  
so the 400 meters should be in 2:30. Total time  
for each mile should be 9:29 and total for the 6  
miles should be 56:54. This will get tough but  
you can do it!

Cool down as necessary

**F**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Sa**

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

**Su**

**Long Run Day**  
8 miles

Aim for 8 miles. Run  
comfortable,  
whatever that pace  
is. It can be slower  
than previous long  
runs if need be.  
Remember, you are  
tapering!

WEEK

10

Rest and rumble. Thank you so much for trusting me for this training block. Have a fun taper week- note the shorter strides. Don't be afraid to take a few days off this week. You are prepared well (check your Strava Training Log!), your goal is in your grasp. Have an awesome race!

M

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

Tu

**Turnover Day**  
4 - 6 miles

Aim for **6 x 100 meters** at faster than race pace. 4-6 miles total.

W

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

Th

**Tempo Day**  
8 - 10 miles

Easy warmup: 1-2 miles

Fun fast day. **2 x one mile at race pace**, so 9:09 each. Quarter mile jog between the miles. Jog another quarter after the miles and then do 2 x 800 meters or half-milers at goal pace in 4:34. Again, take a quarter mile jog between sets.

Cool down as necessary

F

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

Sa

**Recovery Day**  
0 - 6 miles

Easy recovery  
run or off

Su

**Race Day**

You are ready!

PROJECT 1:59

## Tips & Tricks from Kara



### Fuel your body for performance

When you are training for a half-marathon, you need to make sure that you are getting plenty of good carbs and hydration. I am a big fan of Nuun for making sure that I am sipping on electrolytes all day. And I love rice and rice noodle stir fries to get in my good carbs. Lots of veggies to get good fiber nutrients too!



### Crosstrain

I do enjoy doing core/weight training and stretching. Take the time to do a core or weight routine that you like twice a week. I recommend doing it on your hard days so that you get full recovery on your easy days, but fit it in where it makes sense for you. Take the time to stretch the night before hard sessions so that you go to bed loose and limber. And do some strides and leg swings before your hard sessions, it will help you body be ready to do the work!



### Reflect on the work

Each week as you build up toward your half marathon, keep looking back and reviewing the progress you've made. You are doing the work to achieve your goal. Remember on race day, you are only asking your body to do something you have done the preparation for. So believe in yourself and go get it!

**See you at the  
starting line.**