KARA GOUCHER’S
10-WEEK HALF-MARATHON TRAINING PLAN
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!
PROJECT ONE / Half-Marathon / 10-week Training Plan

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

**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

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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
  - 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

**F**
- Recovery Day 0 - 6 miles
- Easy recovery run or off

**Sa**
- Recovery Day 0 - 6 miles
- Recovery run or off

**Su**
- Long Run Day 7 miles

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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

**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

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Additional notes:
- 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

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

**WEEK 05**

<table>
<thead>
<tr>
<th>M</th>
<th>Tu</th>
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<th>Th</th>
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<th>Sa</th>
<th>Su</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recovery Day 0 - 6 miles</td>
<td>Turnover Day 5 - 8 miles</td>
<td>Recovery Day 0 - 6 miles</td>
<td>Tempo Day 7 - 10 miles</td>
<td>Recovery Day 0 - 6 miles</td>
<td>Recovery Day 0 - 6 miles</td>
<td>Long Run Day 9 miles</td>
</tr>
<tr>
<td>Easy recovery run or off</td>
<td>Easy run with strides. Aim for 10 x 100 meters at faster than race pace.</td>
<td>Easy recovery run or off</td>
<td>Easy warm-up: 1-2 miles</td>
<td>Easy recovery run or off</td>
<td>Easy recovery run or off</td>
<td>Aim for at least 9 miles. Run as close to 9:45 min mile pace or under if possible.</td>
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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!

**WEEK 06**

<table>
<thead>
<tr>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sa</th>
<th>Su</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recovery Day 0 - 6 miles</td>
<td>Turnover Day 6 - 8 miles</td>
<td>Recovery Day 0 - 6 miles</td>
<td>Tempo Day 6 - 8 miles</td>
<td>Recovery Day 0 - 6 miles</td>
<td>Recovery Day 0 - 6 miles</td>
<td>Long Run Day 10 miles</td>
</tr>
<tr>
<td>Easy recovery run or off</td>
<td>Easy warm-up: 1-2 miles 6-8 x 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.</td>
<td>Easy recovery run or off</td>
<td>Easy warm-up: 1-2 miles</td>
<td>Easy recovery run or off</td>
<td>Easy recovery run or off</td>
<td>Aim for at least 10 miles. Run as close to 9:45 min mile pace or under if possible.</td>
</tr>
</tbody>
</table>

Have a great week!
## 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

### Tu
Turnover Day
5 - 8 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

### 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

### Sa
Recovery Day
0 - 6 miles

### Su
Long Run Day
9 miles

## 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

### 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

### 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

### Sa
Recovery Day
0 - 6 miles

### Su
Long Run Day
11 miles

## 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

### 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 2:00-2:20 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

### 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

### Sa
Recovery Day
0 - 6 miles

### Su
Long Run Day
8 miles

## PROJECT /one.case:/five.case/nine.case  Half-Marathon / 10-week Training Plan
### 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.