

TIMEX® Half Marathon Train Smarter™ Plan by Dave Scott

Training Plan: Half Marathon
Training Level: Developing Athlete
Training Weeks: 12
Hours per Week: 3.5 - 6.5

Description:

This Half Marathon program for the beginning or developing athlete is based on walk/run sessions. My suggestion is that you have already completed a 5 mile or 10K event; however, if your experience is limited don't be afraid in selecting this Half Marathon program. Each week the sessions will increase in run time and also increase in total distance or time. Confidence is gained throughout the 12 weeks by the inclusion of specific marker sets which will assess and predict your optimal race pace. As your fitness improves, intensity in select sets will also be added. This program is very very fun.

Key Principles:

You may wish to familiarize yourself with the glossary of [terms](#) prior to utilizing this plan. Below are a few to know:

Aerobic Heart Rate / Pace (A) - Talking about the aerobic heart zone, ideal heart rate should be about 70 - 80% of maximum heart rate. This endurance-training zone helps in improving your cardiovascular development and also it helps in strengthening your heart

Marker Sets (MS) - are test sets that will be included throughout your cycle. By comparing specific workouts throughout your plan, you can evaluate your progress. The sets allow you to evaluate your progress by evaluating heart rates, workloads, sendoff, repeat times, speed, perceived exertion and power. Marker sets are the true predictors of your potential race performance. For information on products that help track your training click [here](#).

Week	Workout	Workout	Notes
One	1 Walk 6', Run :30", Repeat 6x		All Aerobic(A)
	2 Walk :90", Run :10" Repeat for 40' (24x)		All runs are pick-up's (PU). Start with a slow jog and pick-up pace throughout the time block. Repeat for total time of 40'
	Walk 3', Run 1', Walk 2', Run 1', Walk 1', Run 1', Repeat 3 4x		Preferably on a hilly course. All (A). Run- no higher than 10+beats above Walk Aerobic pace.

Week	Workout	Workout	Notes
Two	Marker Set: Walk 1.5 miles + Run 1/4 mile, Repeat until 1 you've reached total time of 65'		Note Heart Rate (HR) average- this is your Race Pace (RP). RP pace will improve throughout the training plan.
	2 Walk :75", Run :35", Repeat for total time fo 45'		All runs are aerobic . Preferably a hilly course or combination of rolling hills.
	Walk 3', Run 1', Walk 2', Run 1', Walk 1', Run 1', Repeat 3 4x		Preferably on a hilly course. Run- no higher than 10+ beats above Walk Aerobic pace.

Week	Workout	Workout	Notes
Three	1 Walk 5.5', Run :45", Repeat 6x		Hold RP on runs
	2 Walk :60", Run :45", Repeat for total time of 50'		All run's are +10 beats above walk pace , preferably on a hilly course
	Walk 3', Run :90", Walk 2', Run :90", Walk 1', Run :90", 3 Repeat 5x		Run: no higher than plus 12 beats above Walk HR . Walk at (A)

Week	Workout	Workout	Notes
Four	Marker Set: Walk 90" + Run 3', Repeat until total workout 1 time of 72'		Keep HR (A) on Walk, +10 beats on Run.
	2 Walk :50", Run 1', Repeat for total time of 50'		All runs are +10 beats above walk pace , preferably on a hilly course
	Walk 2.5', Run :90", Walk 2', Run :90", Walk 1.5', Run 3 :90", Repeat 6x		Walks (A) , Runs- no higher than + 10 beats above Walk

Week	Workout	Workout	Notes
Five	1 Walk 3', Run 2', Repeat 7x		Hold RP on Runs
	2 Walk :40", Run 1', Repeat for total time of 55'		Runs are +10 to +15 beats higher than Walk preferably on a hilly course
	Walk 2.5', Run :90", Walk 2', Run :90", Walk 1.5', Run 3 :90", Walk 1', Run :90", Repeat 7x		Runs are +10 to +15 beats higher than Walk preferably on a hilly course

Week	Workout	Workout	Notes
Six	Marker Set: Walk 1 mile, Run 800 meters for total time of 1 82'		HR (A) on Walks, +10 beats on Run
	2 Walk :40", Run 1', Repeat for total time of 60'		Runs are +10 to +15 beats higher than Walk preferably on a hilly course
	Walk 2.5', Run :90", Walk 2', Run :90", Walk 1.5', Run 3 :90", Walk 1', Run :90", Repeat 8x		Runs are +10 to +15 beats higher than Walk

Week	Workout	Workout	Notes
Seven	1 Walk 3', Run 3', Repeat 7x		Hold RP on Runs
	2 Walk :45", Run :75", Repeat for total time of 60'		Runs are +10 to +15 beats higher than Walk preferably on a hilly course
	Walk 1.5, Run :90", Walk 1', Run :90", Walk :30", Run 3 :90", Repeat 8x		Walk (A), Runs are +10 to +15 beats above Walk pace

Week	Workout	Workout	Notes
Eight	1 Marker Set: Walk 1', Run 3' for total time of 95'		HR (A) on Walks, +10 beats on Runs
	2 Walk :30", Run :75", Repeat for total time of 60'		Walk slowly, Run's are steady
	Walk 1.5, Run :90", Walk 1', Run :90", Walk :30", Run 3 :90", Repeat 8x		Walk (A), Runs are +10 to +15 beats above Walk pace

Week	Workout	Workout	Notes
Nine	1 Walk :90", Run 5', Repeat 8x		Hold RP on Runs
	2 Walk :30", Run :90" for a total time of 60'		Walk slowly, Run's are steady
	3 Walk 1.5', Run 1/2 mile, Repeat 12x		Wak (A), Runs +15 beats above Walk

Week	Workout	Workout	Notes
Ten	Marker Set: Walk 1/2 mile, Run 1 mile for total time of 1 110'		HR (A) on Walk, +10 beats on Run
	2 Walk :30", Run :90" for a total time of 60'		Walk slowly, Run's are steady
	3 Walk 1', Run 1/2 mile, Repeat 13x		Walk slowly, +15 beats above Walk on Run

Week	Workout	Workout	Notes
Eleven	1 Walk :60", Run 6', Repeat 8x		Hold RP on Runs
	2 Walk :30", Run :90" for a total time of 60'		Walk slowly, Run's are steady
	Marker Set: Walk 1/2 mile, Run 1 mile for total of 13 3 miles		

Week	Workout	Workout	Notes
Twelve	1 Walk 2', Run 9', Repeat 5x		
	2 Walk :30", Run 2', Repeat 12x		Hold RP on Runs
	3 Walk/Run for 40' at RP		

Dave Scott, Inc.

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Half Marathon Warm-Up:	Allow 8-20' of gentle walking with arm swinging and hip circles, then begin to jog 15-30 steps, followed by a walk of :30-:90". Your HR will begin to rise and when the effort feels manageable (moderate in intensity); your muscles feel warm and breathing is elevated but not labored, you are reay to begin the main set (MS).
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