

EPS HALF MARATHON TRAINING PROGRAM

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|-----------|--------|--|-----------|--|--------|----------------------------|
| Week 1 May 26- June 1 | 5-6 km | Off | 4 km (or 20-30 min) Steady State | Off | 4 km (or 20-30 min) Steady State | Off | Interval Run 2 x 4 min |
| Week 2 June 2- 8 | 5-6 km | Off | 4 km (or 20-30 min) Steady State | Off | 4 km (or 20-30 min) Steady State | Off | Interval Run 1 x 8 min |
| Week 3 June 9-15 | 6-8 km | Off | 4 km (or 20-30 min) Steady State | Off | 4 km (or 20-30 min) Steady State | Off | Interval Run 4 x 4 min |
| Week 4 June 16-22 | 7-9 km | Off | 4 km (or 20-30 min) Steady State | Off | 4 km (or 20-30 min) Steady State | Off | Interval Run 2 x 8 min |
| Week 5 June 23-29 | 8-10 km | Off | 5 km (or 25-35 min) Steady State | Off | 4 km (or 20-25 min) Progression | Off | Interval Run 6 x 4 min |
| Week 6 June 30- July 6 | 10-12 km | Off | 5 km (or 25-35 min) Steady State | Off | 5 km (or 25-30 min) Steady State | Off | Interval Run 3 x 8 min |
| Week 7 July 7-13 | 11-13 km | Off | 5 km (or 25-35 min) Steady State | Off | 5 km (or 25-30 min) Progression | Off | Interval Run 8 x 4 min |
| Week 8 July 14-20 | 8 km | Off | 4 km (or 20-30 min) Steady State | Off | 4 km (or 20-30 min) easy | Off | 30 min easy |
| Week 9 July 21-27 | 12-14 km | Off | 4 Hills | Off | 6 km (or 30-35 min) Progression | Off | Interval Run 4 x 8 min |
| Week 10 July 27-Aug 3 | 13-15 km | Off | 5 Hills | Off | 7 km (or 35-40 min) Steady State | Off | Interval Run 8 x 4 min |
| Week 11 August 4-10 | 14-16 km | Off | 6 Hills | Off | 8 km (40-45 min) Progression | Off | Interval Run 4 x 8 min |
| Week 12 August 11-17 | 8 km | Off | 4 km (or 20-30 min) Steady State | Off | 4 km easy | Off | 30 min easy |
| Week 13 August 18-24 | 16-18 km | Off | 8 Hills | Off | 8 km (or 40-45 min) Steady State | Off | Interval Run 4 x 10 min |
| Week 14 Aug 25-Sep 31 | 18-20 km | Off | 6 km (or 30-40 min) Steady State | Off | 9 km (or 45-50 min) Progression | Off | Interval Run 4 x 8 min |
| Week 15 September 1-7 | 16 km | Off | 6 Hills | Off | 10 km (or 50-60 min) Steady State | Off | Interval Run 4 x 6 min |
| Week 16 September 8-14 | 5 km easy | Off | 5 km easy | Off | 5 km easy | Off | RACE DAY |

Sunday Endurance Run = conversational pace. You may use a 10 min run and 1 min walk strategy to cover the distance. On efforts that will last over 1 hour, use the walk break to practice hydrating at every 20-40 min intervals. Don't over hydrate! 1 or 2 mouth full(s) should be sufficient.

Tuesday **Steady State:** comfortable pace for the distance/time.

Hill workout. 10-15 min warm-up. 1-2 min (or 2-300 m) hills @ 6-8% grade (if using treadmill). 2-3 minute recovery run/walk. Some hills we like to use for training: Cloverdale, Rolland Road, Seminary Hill, Dawson Park, Capilano Park, Walterdale Hill, Louise McKinney.

Thursday **Steady State:** a comfortable pace for the distance/time.

Progression Run. Divide run into thirds so that the first 1/3rd is easy, 2/3rd moderate, 3/3rd hard.

Saturday **Interval Run.** Start and finish with an easy 10-20 min run for warm-up and cool down. Perform the time reps at your desired half marathon pace or slightly faster. 1 minute walk recovery (4-6 min reps). 2 min easy walk/jog recovery (8-10 min reps)

Off Day Non run days can be used for strength training, cross training, stretching/mobility, or rest.