

12-Week Half Marathon Training Plan

Max 35 mi/week · 1 workout/week · train by effort · togaperformance.com

Pace zones Zone 1 · Easy Zone 2 · Endurance Zone 3 · Steady / Marathon Zone 4 · Lower Threshold Zone 5 · Upper Threshold Zone 6 · VO2max / Interval Zone 7 · Anaerobic

Race paces Half marathon pace: Goal half marathon effort. 10K pace: 10K race effort. Hard but rhythmic. 5K pace: 5K race effort. Fast and smooth, not a sprint.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Base 25 mi	Rest Full day off.	Fartlek · 4 mi 8 × 1 min at 10K effort with 1 min easy between. Warm up and cool down easy to make the total.	Easy run · 4 mi Run at easy pace (Zone 2).	Rest or cross-train 30–45 min easy cycling, swimming or a walk.	Easy run · 4 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Long run · 9 mi All at easy pace (Zone 2). Practice taking a gel or drink.	Easy run · 4 mi Run at easy pace (Zone 2).
2 Base 26 mi	Rest Full day off.	Alternating threshold · 7 mi 4 mi alternating 1 mi at threshold effort (Zone 4) and 1 mi at steady effort (Zone 3), without stopping. The steady blocks are a notch above easy; the threshold blocks should feel controlled. Warm up and cool down easy to make the total.	Easy run · 3 mi Run at easy pace (Zone 2).	Rest or cross-train 30–45 min easy cycling, swimming or a walk.	Easy run · 3 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Long run · 10 mi All at easy pace (Zone 2).	Easy run · 3 mi Run at easy pace (Zone 2).
3 Base 28 mi	Rest Full day off.	Uphill repeats · 4 mi 6 × 75 sec uphill at 5K effort; jogging down between. Warm up and cool down easy to make the total.	Easy run · 5 mi Run at easy pace (Zone 2).	Rest or cross-train 30–45 min easy cycling, swimming or a walk.	Easy run · 5 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Long run · 10 mi All at easy pace (Zone 2).	Easy run · 4 mi Run at easy pace (Zone 2).
4 Base 24 mi	Rest Full day off.	Cruise intervals, relaxed · 6 mi 3 × 1 mi at threshold effort (Zone 4) with 90 sec easy jog between, then 4 × 20 sec strides with a full walk-back. Down week: keep it controlled. Warm up and cool down easy to make the total.	Easy run · 3 mi Run at easy pace (Zone 2).	Rest or cross-train 30–45 min easy cycling, swimming or a walk.	Easy run · 3 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Long run · 9 mi All at easy pace (Zone 2). Shorter this week; finish feeling fresh.	Easy run · 3 mi Run at easy pace (Zone 2).
5 Build 30 mi	Rest Full day off.	800s · 6 mi 5 × 800m at 5K effort with 2 min easy jog between, 2 min easy jog, then 1 mi at steady effort (Zone 3). Warm up and cool down easy to make the total.	Easy run · 5 mi Run at easy pace (Zone 2).	Rest or cross-train 30–45 min easy cycling, swimming or a walk.	Easy run · 4 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Long run · 11 mi All at easy pace (Zone 2).	Easy run · 4 mi Run at easy pace (Zone 2).
6 Build 32 mi	Rest Full day off.	Tempo run · 7 mi 4 mi continuous at threshold effort (Zone 4), then 4 × 30 sec quick with a full walk-back. Warm up and cool down easy to make the total.	Easy run · 5 mi Run at easy pace (Zone 2).	Rest or cross-train 30–45 min easy cycling, swimming or a walk.	Easy run · 5 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Hilly long run · 11 mi Run at easy pace (Zone 2) over rolling hills, with 4 × 30 sec uphill pickups near the end, jogging back down between. Finish feeling like you could keep going.	Easy run · 4 mi Run at easy pace (Zone 2).
7 Build 33 mi	Rest Full day off.	Race-pace blocks · 6 mi 2 × 1.5 mi at half marathon pace with 3 min easy jog between. Warm up and cool down easy to make the total.	Easy run · 5 mi Run at easy pace (Zone 2).	Rest or cross-train 30–45 min easy cycling, swimming or a walk.	Easy run · 5 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Long run · 12 mi All at easy pace (Zone 2).	Easy run · 5 mi Run at easy pace (Zone 2).

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8 Build 25 mi	Rest Full day off.	Leg-opener · 4 mi 4 × 1 min at 10K effort with 1 min easy between, then 4 × 20 sec strides with a full walk-back. Warm up and cool down easy to make the total.	Easy run · 6 mi Run at easy pace (Zone 2).	Rest or cross-train 30–45 min easy cycling, swimming or a walk.	Easy run · 3 mi Run at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back. Short and relaxed before the race.	Tune-up race: 5K or 10K · 7 mi Race a local 5K or 10K, or run a solo time trial. Enter the result at the top of this page to refresh your paces. Warm up and cool down easy to make the total.	Easy run · 5 mi Run at easy pace (Zone 2), or rest if you raced hard.
9 Race-specific 35 mi	Rest Full day off.	Descending ladder · 6 mi 1 mi at threshold effort (Zone 4), 3 min easy jog, 1 mi at 10K effort, 2 min easy jog, then 2 × 800m at 5K effort with 2 min easy jog between. Warm up and cool down easy to make the total.	Easy run · 6 mi Run at easy pace (Zone 2).	Rest or cross-train 30–45 min easy cycling, swimming or a walk.	Easy run · 5 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Longest run, race-pace finish · 13 mi Run at easy pace (Zone 2), then the last 3 mi at half marathon pace. Fuel like race day, and jog a few minutes easy to cool down.	Easy run · 5 mi Run at easy pace (Zone 2).
10 Race-specific 33 mi	Rest Full day off.	Last speed session · 6 mi 5 × 800m at 10K effort with 90 sec easy jog between, then 4 × 30 sec quick with a full walk-back. Warm up and cool down easy to make the total.	Easy run · 5 mi Run at easy pace (Zone 2).	Rest or cross-train 30–45 min easy cycling, swimming or a walk.	Easy run · 5 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Long run with race-pace blocks · 12 mi Run at easy pace (Zone 2), with 2 × 2 mi at half marathon pace (1 mi easy between) in the second half, then at least 1 mi easy to cool down.	Easy run · 5 mi Run at easy pace (Zone 2).
11 Taper 30 mi	Rest Full day off.	Tune-up: threshold minutes · 5 mi 4 × 3 min at threshold effort (Zone 4) with 1 min easy jog between, then 4 × 30 sec quick with a full walk-back. Warm up and cool down easy to make the total.	Easy run · 5 mi Run at easy pace (Zone 2).	Rest or cross-train 30–45 min easy cycling, swimming or a walk.	Easy run · 5 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Long run · 10 mi All at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back.	Easy run · 5 mi Run at easy pace (Zone 2).
12 Taper 29.1 mi	Rest Full day off.	Race-pace tune-up · 5 mi 2 × 1 mi at half marathon pace with 2 min easy jog between, then 4 × 20 sec strides with a full walk-back. Warm up and cool down easy to make the total.	Easy run · 4 mi Run at easy pace (Zone 2), a little shorter than usual.	Rest Full day off.	Easy run · 4 mi Run at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back. Keep the legs feeling quick.	Shakeout · 3 mi Very easy at easy pace (Zone 2) with 4 × 20 sec strides with a full walk-back. Lay out your race kit.	Race day: Half Marathon · 13.1 mi Start at half marathon pace and hold back for the first 3 mi. Take a gel around 30 and 60 min.

Using this plan on your own

- Easy days are easy. If in doubt, slow down.
- Missed a run? Skip it and carry on. Don't cram it into the next day.
- Sick, injured or wrecked? Rest first. Drop the workout before you drop the easy runs.
- Move days around to fit your week, but keep at least one easy day before each workout.

A static plan can't adapt. A coach can.

This plan assumes every week goes to plan. Real training doesn't: you get sick, travel, sleep badly, or feel great and could handle more. Toga turns a plan like this into a coach that adjusts your week to how training is actually going.

Try Toga Run Coach free for 14 days on the App Store