

# 12 week Half Marathon Training Calendar

**Program Start** – \_\_\_\_\_

**Peak Event Date** – \_\_\_\_\_

**GOAL** – \_\_\_\_\_

## TRAINING CALENDAR LEGEND



- Colour signifies easy day/effort



- Colour signifies hard day/effort

R

- Rest day

XT

- Cross train – bike, swim, squash, etc.

# HALF MARATHON TRAINING

## Week #1

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center;"><b>6</b> AT</p> <p>Tread 2% 2 warm-up/build 3 @ Z3 1 cool down</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;"><b>5</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;"><b>R</b> or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;"><b>5</b></p> <p>Track 1.5 warm-up 400 - 400 - 800 - 800 - 800 - 400 - 400 -</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;"><b>7</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;"><b>11</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center;"><b>R</b> or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>

# HALF MARATHON TRAINING

## Week #2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center;"><b>7</b> AT</p> <p>Tread 2% 2 warm-up/build 4 @ Z3 1 cool down</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>5</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>R</b> or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>5</b></p> <p>Track 1.5 warm-up 400 - 400 - 800 - 1600 - 800 - 400 - 400 -</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>7</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>12</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>R</b> or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

# HALF MARATHON TRAINING

## Week #3

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 25px; height: 25px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">5</div> <p>Hills 2 warm up 7 x Hills Recovery walk down hill</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 25px; height: 25px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">5</div> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 25px; height: 25px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">R</div> or XT <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 25px; height: 25px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">8</div> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 25px; height: 25px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">6</div> Z1 <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 25px; height: 25px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">13</div> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 25px; height: 25px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">R</div> or XT <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>

# HALF MARATHON TRAINING

## Week #4

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center;"><b>8</b> AT</p> <p>Tread 2% 2 warm-up/build 5 @ Z3 1 cool down</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>5</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>R</b> or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>5</b></p> <p>Track 1.5 warm-up 400 - 400 - 400 - 400 - 400 - 400 - 400 - 400 -</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>7</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>10</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>R</b> or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>



# HALF MARATHON TRAINING

## Week #6

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <span style="font-size: 1.2em; font-weight: bold;">R</span> </div> or XT          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <span style="font-size: 1.2em; font-weight: bold;">5</span> </div>          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <span style="font-size: 1.2em; font-weight: bold;">R</span> </div> or XT          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <span style="font-size: 1.2em; font-weight: bold; color: orange;">5</span> </div> Track 1.5 warm-up 400 - 400 - 800 - 800 - 1600 - 400 - 400 - Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <span style="font-size: 1.2em; font-weight: bold;">7</span> </div>          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <span style="font-size: 1.2em; font-weight: bold; color: orange;">15</span> </div>          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <span style="font-size: 1.2em; font-weight: bold;">R</span> </div> or XT          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

# HALF MARATHON TRAINING

## Week #7

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; margin-right: 5px;">8</span> <span style="margin-left: 5px;">AT</span> </div> <p>Tread 2% 2 warm-up/build 5 @ Z3 1 cool down</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; margin-right: 5px;">5</span> </div> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; margin-right: 5px;">R</span> <span style="margin-left: 5px;">or XT</span> </div> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; margin-right: 5px;">5</span> </div> <p>Hills 2 mile warm up 8 x Hill Recovery walk down hill</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; margin-right: 5px;">7</span> </div> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; margin-right: 5px;">16</span> </div> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="border: 1px solid black; border-radius: 50%; padding: 2px 6px; margin-right: 5px;">R</span> <span style="margin-left: 5px;">or XT</span> </div> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>



# HALF MARATHON TRAINING

## Week #8

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center;"><b>9</b> AT</p> <p>Tread 2% 2 warm-up/build 6 @ Z3 1 cool down</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>5</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>R</b> or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>5</b></p> <p>Track 1.5 warm-up 800 - 800 - 800 - 800 - 800 - 600 - 800 -</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>7</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>13</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center;"><b>R</b> or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

# HALF MARATHON TRAINING

## Week #9

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center; font-size: 1.2em; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">7</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">5</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">R</p> or XT <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">5</p> <p style="text-align: center; font-weight: bold;">V02</p> <p>Km repeats 2 k warm-up 1 k - 1 k - 1 k - 1 k - 1 k -</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">7</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">17</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>	<p style="text-align: center; font-size: 1.2em; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">R</p> or XT <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes: _____</p>

# HALF MARATHON TRAINING

## Week #10

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>9</b> AT</p> <p>Tread 2% 2 warm-up/build 6 @ Z3 1 cool down</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p><b>TAPER BEGINS!!</b></p> <p><b>R</b> or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p><b>5</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p><b>4</b></p> <p>Track 1.5 warm-up 400 - 400 - 800 - 800- 400 - 400 -</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p><b>5</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p><b>12</b></p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p><b>R</b> or XT</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>


# HALF MARATHON TRAINING

## Week #11

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">6</div>          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">5</div>          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">3</div> <b>Track</b> 1.5 warm-up 800 - 800 - 800 -   Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">R</div> or XT          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">6</div>          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">8</div>          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 20px; height: 20px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">R</div> or XT          Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

# HALF MARATHON TRAINING

## Week #12

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p style="text-align: center; font-size: 1.2em; border: 1px solid black; border-radius: 50%; width: 20px; margin: 0 auto;">3</p> <p style="margin-top: 20px;">Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center; font-size: 1.2em; border: 1px solid black; border-radius: 50%; width: 20px; margin: 0 auto;">5</p> <p style="margin-top: 5px;"><b>2 Race Pace</b></p> <p>2 warm up 2 @ MP 1 cool down <i>-Begin carbo-load program</i> <i>-Increase H2O</i></p> <p style="margin-top: 20px;">Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center; font-size: 1.2em; border: 1px solid black; border-radius: 50%; width: 20px; margin: 0 auto;">4</p> <p style="margin-top: 20px;">Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p style="text-align: center; font-size: 1.2em; border: 1px solid black; border-radius: 50%; width: 20px; margin: 0 auto;">3</p> <p style="margin-top: 20px;">Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>OFF</p>	<p>OFF</p>	<p style="margin-top: 20px;">Follow race day plan!</p> <div style="text-align: center; margin-top: 20px;">  </div>