

# EPS HALF MARATHON TRAINING PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b> June 5-11	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
<b>Week 2</b> June 12-18	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
<b>Week 3</b> June 19-25	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
<b>Week 4</b> June 26-July 2	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
<b>Week 5</b> July 3-9	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
<b>Week 6</b> July 10-16	8 km	Off	4 km (or 20-30 min) Steady State	Off	4 km (or 20-30 min) easy	Off	30 min easy
<b>Week 7</b> July 17-23	12-14 km	Off	4 Hills	Off	6 km (or 30-35 min) Progression	Off	Interval Run 4 x 8 min
<b>Week 8</b> July 24-30	13-15 km	Off	5 Hills	Off	7 km (or 35-40 min) Steady State	Off	Interval Run 8 x 4 min
<b>Week 9</b> July 31-Aug 6	14-16 km	Off	6 Hills	Off	8 km (40-45 min) Progression	Off	Interval Run 4 x 8 min
<b>Week 10</b> Aug 7-13	8 km	Off	4 km (or 20-30 min) Steady State	Off	4 km easy	Off	30 min easy
<b>Week 11</b> Aug 14-20	16-18 km	Off	8 Hills	Off	8 km (or 40-45 min) Steady State	Off	Interval Run 4 x 10 min
<b>Week 12</b> Aug 21-27	18-20 km	Off	9 Hills	Off	9 km (or 45-50 min) Progression	Off	Interval Run 4 x 8 min
<b>Week 13</b> Aug 28- Sep 3	16 km	Off	10 Hills	Off	10 km (or 50-60 min) Steady State	Off	Interval Run 4 x 6 min
<b>Week 14</b> Sep 4-10	8 km	Off	5 km easy	Off	5 km easy	Off	20 min shake out
<b>SEP 11</b>	<b>EPS RACE DAY!</b>						

**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.