

EPS HALF MARATHON TRAINING PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Jun 4- 10	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 2 June 11-17	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 3 June 18-24	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 4 June 25-Jul 1	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 5 July 2-8	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 6 July 9-15	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 7 July 16-22	8 km	Off	4 km (or 20-30 min) Steady State	Off	4 km (or 20-30 min) easy	Off	30 min easy
Week 8 July 23-29	12-14 km	Off	4 Hills	Off	6 km (or 30-35 min) Progression	Off	Interval Run 4 x 8 min
Week 9 July 30-Aug 5	13-15 km	Off	5 Hills	Off	7 km (or 35-40 min) Steady State	Off	Interval Run 8 x 4 min
Week 10 Aug 6-12	14-16 km	Off	6 Hills	Off	8 km (40-45 min) Progression	Off	Interval Run 4 x 8 min
Week 11 Aug 13-19	8 km	Off	4 km (or 20-30 min) Steady State	Off	4 km easy	Off	30 min easy
Week 12 Aug 20-26	16-18 km	Off	8 Hills	Off	8 km (or 40-45 min) Steady State	Off	Interval Run 4 x 10 min
Week 13 Aug 27-Sep 2	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 14 Sep 3-9	16 km	Off	6 Hills	Off	10 km (or 50-60 min) Steady State	Off	Interval Run 4 x 6 min
Week 15 Sep 10-16	8 km	Off	5 km easy	Off	5 km easy	Off	20 min shake out
SEP 17	EPS 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.