



SPARTAN TRAIL

TRAINING PLAN HALF MARATHON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	3-4 miles, alternating jogging and walking every 1/4 mile	Rest	3-4 miles, alternating jogging and walking every 1/2 mile	Rest	3-4 miles, alternating jogging 1/2 mile and walking 1/4 mile	Rest	5-6 miles, alternating jogging 1/2 mile and walking 1/4 mile
WEEK 2	Rest	3-4 miles easy	Rest	5-6 miles easy	Rest	4-5 miles easy	4-5 miles easy
WEEK 3	Rest	4 miles easy plus 4 x 30 second "stride" (85-90% of a sprint, focusing on gradual acceleration and slowdown)	Rest	5-6 miles easy	4-5 miles easy	Rest	6-7 miles easy
WEEK 4	Rest	2 mile warmup, 6 x 1/2 mile at goal race pace with 90 seconds shuffle between, 1 mile cooldown	Rest	5-6 miles easy	5-6 miles easy plus 5 x 30 second stride	Rest	8 miles easy
WEEK 5	Rest	5-6 miles easy	Fartlek (speedplay) workout: 1 mile warmup, 4 miles of (4 minutes medium-hard, 2 minute easy), 1 mile cooldown. Be conservative on the hard reps so that you can keep the easy reps at close to a normal running pace.	Rest	5 miles easy plus 6 x 30 second stride	3-4 miles easy	9 miles easy
WEEK 6	Rest	5-6 miles easy	TIME TRIAL! 2 mile warmup and 3-4 x 20 second stride, 5 mile time trial, 1 mile cooldown. Time trial should be pretty much all out, but save that last 2% for race day.	Rest	6-7 miles easy plus 7 x 30 second stride	5-6 miles easy	10 miles easy
WEEK 7	Rest	5-6 miles easy	3 Mile Breakdown: 2 mile warmup, 3 mile at goal race pace, 2 mile at slightly faster, 1 mile at slightly faster, 1 mile cooldown.	Rest	5-6 miles easy	7 miles easy plus 8 x 30 second stride	12 miles easy
WEEK 8	Rest	5-6 miles easy	2 mile warmup and 3-4 x 20 second stride, 2 mile at goal race pace with 3 minute shuffle jog recovery, 4 x 1/4 mile at controlled hard pace with 60 second shuffle jog after each, 2 mile at goal race pace, 1 mile easy cooldown.	Rest	5-6 miles easy	7 miles easy plus 10 x 30 second stride	13 miles easy
WEEK 9	Rest	5-6 miles easy	2 mile warmup and 3-4 x 20 second stride, 3 x 2 mile @ goal race pace with 3 minute shuffle jog between, 1 mile easy cooldown.	5-6 miles easy	Rest	7 miles easy plus 10 x 30 second stride	15 miles easy
WEEK 10	Rest	5-6 miles easy	2 mile warmup, 12 x 1/4 mile at goal race pace with 60 second shuffle jog between, 1 mile easy cooldown	Rest	7-8 miles easy	6-7 miles easy plus 10 x 30 second stride	12 miles easy
WEEK 11	Rest	4-5 miles easy	2 mile warmup, 4 miles at goal race pace, 3 minute shuffle jog recovery, 8 x 30 second stride with 30 seconds recovery between, 1 mile easy cooldown	Rest	4-5 miles easy	6 miles easy plus 10 x 30 second stride	9 miles easy - last "long" run.
WEEK 12	Rest	60 minute run. At 30 minutes, do 20 x 20 seconds at race pace, 40 seconds easy between. Last 10 minutes easy cooldown.	4-5 miles easy	5 miles easy and 6-8 x 20 second stride	Rest	2 miles easy and 5-6 x 20 second stride	RACE DAY