



# TRAINING PLAN AND RACE GUIDE

**PITTSBURGH HALF MARATHON**

**SUNDAY/MAY 2 / 7:05 A.M. / DOWNTOWN PGH**

**4RUN2**  
*varsity*



**The UPMC Health Plan Pittsburgh Half Marathon has been a runner favorite since its inception in 2009. Run over Pittsburgh's three rivers, across bridges with amazing views of the city skyline, and travel through unique neighborhoods lined with spectators and entertainment that showcases Pittsburgh's history and diversity.**

## TRAINING TIPS

- Adequately warm up and cool down before and after workouts.
- Be sure to stay hydrated — it will aid in recovery!
- Get a good night's sleep each night — plan for 8 hours.
- Give your best each day.
- Set appropriate goals and stay flexible. Some days will be better than others, so give your best and adjust your pace when needed.
- Avoid completing two capacity workouts in a row.
- Give yourself adequate rest and recovery on days off and within the respective workouts.

## RACE DAY TIPS

- Be sure to review emails from P3R for announcements concerning race day details.
- Check the weather. Make sure you are prepared for what the weather could bring.
- Run in what you trained in. Running 13.1 miles in brand new shoes can lead to blisters. Make sure to run in equipment (and apparel) that has some sweat equity in it.
- It's completely fine to walk during a race! Do what's best for you and have fun.
- If you need to tie your shoe or stop for any reason, move to the side of the race course. The best way to be polite to other runners is by moving to the sides of the course and then raising one hand before you slow down!
- Pass other runners safely. Do not push slower runners out of your way. If you need to pass another runner, say "on your left" if you are passing on their left side or "on your right" if you are passing on their right side. Or a simple "excuse me." Allow other runners to pass you if they need to.
- If you plan on packing nutrition for the race, make sure you've tried it before. Same applies to the on-course nutrition. We encourage you to try the products that will be on the course on race day and incorporate them into your training.

## QUESTIONS?

Contact us! Send an email to [4run2varsity@p3r.org](mailto:4run2varsity@p3r.org) or give us a call 412.939.7519

\*Those using this training plan voluntarily assume the risk of any injuries and damages that may occur in the process of training and agree that P3R is not responsible for any injuries or damages associated with training for or participating in the UPMC Health Plan Pittsburgh Half Marathon.

**4RUN2 VARSITY**



# 4RUN2 VARSITY MILEAGE LOG

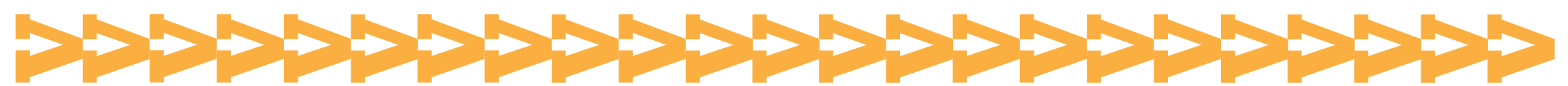
**MAKE A PLAN TO MOVE EVERY DAY.**

To get ready for race day, walk and/or run three to four days a week. Use the mileage log below to record the time/distance you spent running, walking, or being active in some other way.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

Be sure to turn in your completed log to your coach on race day for your 4RUN2 Varsity finisher prize!  
Show off your log! Tag us on social media, and follow us for training tips and race updates.

**4RUN2**  
*varsity*



# PITTSBURGH HALF MARATHON TRAINING PLAN

Be sure to start each workout with a 3-minute warm-up jog and 5 dynamic stretches. Cool down with a 2-minute walk and a few static stretches.

## WEEK 1

- Day 1 - Speed  
2-3 miles at tempo pace
- Day 2 - Capacity  
1 minute easy, 1 minute hard,  
2 minutes easy, 2 minutes hard x3
- Day 3 - Long Run  
6-7 miles at an easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 14-18 miles

## WEEK 2

- Day 1 - Speed  
1 mile easy run,  
1.5 miles at tempo pace,  
1 mile easy run
- Day 2 - Capacity  
16x400 meters alternating between  
10K & 5K paces. 2-minute rest  
following each 400 meter interval
- Day 3 - Long Run  
6-7 miles at an easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 17.5-20.5 miles

## WEEK 3

- Day 1 - Speed  
4x100 meters strides,  
4x200 meters at mile pace,  
400 meters at 5K pace,  
4x200 meters at mile pace,  
400 meters at 5K pace.  
Rest 1 minute after each 200 meter  
effort and 2 minutes after each 400  
meter effort
- Day 2 - Capacity  
2 minutes at tempo pace,  
1 minute at easy pace x8
- Day 3 - Long Run  
8-9 miles at an easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 18-21 miles

## WEEK 4

- Day 1 - Speed  
Run up and over a hill 9x.  
Once you reach the top of the hill,  
run for an additional 20 seconds
- Day 2 - Capacity  
1 minute easy, 1 minute hard pace,  
2 minutes easy pace,  
2 minutes hard pace,  
3 minutes easy pace,  
2 minutes hard pace,  
2 minutes easy pace,  
2 minutes hard pace,  
1 minute easy pace,  
1 minute hard pace
- Day 3 - Long Run  
8-9 miles at an easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 15-18 miles

## WEEK 5

- Day 1 - Speed  
20x200 meters at 5K pace.  
Rest 1 minute after each interval
- Day 2 - Capacity  
8x800 meters at tempo pace.  
Rest 2 minutes after each interval
- Day 3 - Long Run  
8-9 miles at easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 17.5-20.5 miles

## WEEK 6

- Day 1 - Speed  
2x200 meters at 5K pace,  
4x400 meters at mile pace,  
2x200 meters at 5K pace,  
4x400 meters at mile pace.  
Rest 60 seconds after each 200 meter  
interval and 2 minutes after each  
400 meter interval
- Day 2 - Capacity  
1 mile at 10K pace, 800 meters at 5K pace,  
400 meters at mile pace.  
Complete series 2 times, resting 2 minutes  
after each interval.
- Day 3 - Long Run  
6 miles at race day goal pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 15-17 miles

# PITTSBURGH HALF MARATHON TRAINING PLAN CONTINUED

## WEEK 7

- Day 1 - Speed  
5x60-second run at mile pace,  
60 seconds walk/jog, rest two minutes,  
4x90-seconds run at 5K pace,  
90-second jog/walk
- Day 2 - Capacity  
5 miles at tempo pace with 60-second  
bursts every 5 minutes.
- Day 3 - Long Run  
10 miles at easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 20-22 miles

## WEEK 8

- Day 1 - Speed  
12x400 meters alternating between  
race day goal pace and 5K pace
- Day 2 - Capacity  
1 mile at 10K pace, 1 mile at 5K pace,  
1 mile at 10K pace, rest 5 minutes,  
then 5x100 meter strides  
rest 1 minute after each stride interval
- Day 3 - Long Run  
11 miles at easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 18-20 miles

## WEEK 9

- Day 1 - Speed  
2x200 meters at 5K pace,  
rest 1 minute, 400 meters at mile pace,  
rest 2 minutes.  
Complete sequence 3 times
- Day 2 - Capacity  
800 meters at tempo pace,  
800 meters at 10K pace.  
Rest 2 minutes after each  
800 meter effort. x3
- Day 3 - Long Run  
12 miles at easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 19-21 miles

## WEEK 10

- Day 1 - Speed  
Run up and over a hill 10x.  
Once you reach the top of the hill,  
run for an additional 20 seconds
- Day 2 - Capacity  
6-mile progression.  
Your pace should slightly increase  
each mile
- Day 3 - Long Run  
13 miles at easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 23-25 miles

## WEEK 11

- Day 1 - Speed  
200 meters at tempo pace, rest 90 seconds,  
200 meters at mile pace, rest 90 seconds. x8
- Day 2 - Capacity  
1/2 mile at tempo pace, 2-minute jog,  
3 miles at goal race pace, 3-minute jog,  
1/2 mile at tempo pace
- Day 3 - Long Run  
10 miles at easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 20-22 miles

## WEEK 12

- Day 1 - Speed  
1-minute run at mile pace, 1-minute walk/jog,  
2-minute at 5K pace, 2 minute walk,  
1 minute at mile pace, 1-minute walk/jog,  
30-second sprint, 2 minutes rest x2
- Day 2 - Capacity  
30 seconds at mile pace, 1 minute at 5K pace,  
90 seconds at 10K pace, rest 1 minute x3
- Day 3 - Long Run  
9 miles at easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active  
recovery via cycling, yoga, etc.

Week Mileage Total: 15.5-17.5 miles

# PITTSBURGH HALF MARATHON TRAINING PLAN CONTINUED

## WEEK 13

- Day 1 - Speed  
90-second progression run, building from 10K pace to 1-mile pace. Rest 2 minutes x3
- Day 2 - Capacity  
4x1 mile at race goal pace.  
Rest as needed after each effort
- Day 3 - Long Run  
8 miles at easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active recovery via cycling, yoga, etc.

Week Mileage Total: 16-18 miles

## WEEK 14

- Day 1 - Speed  
1.5-mile recovery run,  
10x100 meter strides,  
1.5 mile recovery run
- Day 2 - Capacity  
1 mile at easy pace,  
2 miles at race goal pace,  
1 mile at easy pace
- Day 3 - Long Run  
4-6 miles at easy pace
- Day 4 - Active Recovery  
3-5 recovery miles or active recovery via cycling, yoga, etc.

Week Mileage Total: 14-18 miles

## WEEK 15

- Day 1 - Speed  
2-mile recovery run, 8x100 meter strides,  
2-mile recovery run
- Day 2 - Capacity  
REST DAY
- Day 3 - Long Run  
6 miles at easy pace
- Day 4 - RACE DAY!

Week Mileage Total: 10 miles



**WE'RE WITH YOU  
ALL THE WAY.**