



UPMC Health Plan Pittsburgh Half Marathon Training Plan



Week 1

- **Day 1: Speed**
2-3 miles at tempo pace
- **Day 2: Capacity**
1 minute running easy, 1 minute hard, 2 minutes easy, 2 minutes hard. Repeat X3
- **Day 3: Endurance**
6-7 miles at easy pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

Week 3

- **Day 1: Speed**
4x100 meter strides, 4x200m @ mile pace, 400m @ 5K pace, 4x200m @ mile pace, 400m @ 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 minutes at easy pace X8
- **Day 3: Endurance**
8-9 miles at easy pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

Week 5

- **Day 1: Speed**
200 meters at 5K pace. Repeat 20x. Rest 1 minute after each interval
- **Day 2: Capacity**
8X800 meters at tempo pace. Rest 2 minutes after each interval
- **Day 3: Endurance**
8-9 miles at easy pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

Week 7

- **Day 1: Speed**
5x1 minute run @ mile pace, 1 min walk/jog, rest 2 min, 4x90 second run @ 5K pace, 90 second jog/walk
- **Day 2: Capacity**
5 miles at tempo pace with 60 second bursts every 5 minutes.
- **Day 3: Endurance**
10 miles at easy pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

Week 2

- **Day 1: Speed**
Run 1 mile @ easy pace, 1.5 mile at tempo pace, 1 mile easy run
- **Day 2: Capacity**
Run 400 meters at 10K pace. Run 400 meters at 5k pace. Repeat 8x.
- **Day 3: Endurance**
6-7 miles at easy pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

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 min hard pace, 2 min easy pace, 2 min hard pace, 3 min easy pace, 3 min hard pace, 2 min easy pace, 2 min hard pace, 1 min easy pace, 1 min hard pace
- **Day 3: Endurance**
8-9 miles at easy pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

Week 6

- **Day 1: Speed**
(2x) 200m @ 5K pace, (4x) 400m @ mile pace, (2x) 200m @ 5K pace, (4x) 400m @ mile pace. Rest 60 seconds after each 200m interval and 2 min. after each 400m interval
- **Day 2: Capacity**
1 mile @ 10K pace, 800m @ 5K pace, 400m @ mile pace. Complete series 2x. Rest 2 minutes after each interval.
- **Day 3: Endurance**
6 miles at race day goal pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

Week 8

- **Day 1: Speed**
400 meters at goal race pace. 400m at 5K pace. Repeat 12x. Rest 1 min after every two 400m reps.
- **Day 2: Capacity**
1 mile @ 10K pace, 1 mile @ 5K pace, 1 mile @ 10K pace rest 5 min. then (5x) 100 meter strides. Rest 1 min after each stride interval
- **Day 3: Endurance**
11 miles at easy pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)



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Week 9

- **Day 1: Speed**
200 meters @ 5K pace 2x, rest 1 minute, 400m @ mile pace, rest 2 minutes. Complete sequence 3 times
- **Day 2: Capacity**
800 meters @ tempo pace, 800m @ 10K pace. Rest 2 minutes after each 800m effort. Repeat 3x
- **Day 3: Endurance**
12 miles at easy pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

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**
800m @ tempo pace, 2 minute jog, 3 miles @ goal race pace, 3 minute jog, 800m @ tempo pace
- **Day 3: Endurance**
10 miles at easy pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

Week 13

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

Week 15

- **Day 1: Speed**
2 mile recovery run, (8x) 100 meter strides, 2 mile recovery run
- **Day 2: Rest**
- **Day 3: Endurance**
4-6 miles at easy pace
- **Day 4: Race Day!! May 1, 2022**



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: Endurance**
13 miles at easy pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

Week 12

- **Day 1: Speed**
1 minute run @ mile pace, 1 min walk/jog, 2 min @ 5K pace, 2 min walk, 1 minute @ mile pace, 1 min walk/jog, 30 second sprint, 2 minutes rest. Repeat x2
- **Day 2: Capacity**
30 seconds @ mile pace, 1 minute @ 5k pace, 90 seconds @ 10k pace, rest 1 minute. Repeat x3
- **Day 3: Endurance**
9 miles at easy pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

Week 14

- **Day 1: Speed**
1.5 mile easy run, (10) 100 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: Endurance**
4-6 miles at race day goal pace
- **Day 4: Active Recovery**
3-5 miles or active recovery (cycling, yoga, etc.)

**Now you're ready to take on
The UPMC Health Plan
Pittsburgh Half Marathon!**

For more information and to register
visit: ThePittsburghMarathon.com

Follow @4RUN2Varsity for more
race tips and running resources!