

MELISSA'S ROAD RACE 8-WEEK HALF MARATHON TRAINING PLAN

BY: RHYTHM RUN COACHING

LOOKING TO IMPROVE YOUR HALF MARATHON TIME AT THE 2024 MELISSA'S ROAD RACE?

LEGEND:

Strides: gradually increase your speed to ~85% of your maximum speed

Intervals: short periods of running faster

Aerobic: running at a steady, conversational pace to increase your aerobic capacity

Tempo: a comfortably hard pace, where it would be challenging but not impossible to maintain a conversation

Easy: run at a pace where you could maintain a conversation

WU: Warm-Up

CD: Cool-Down

' : minutes

" : seconds

x: times

TIPS FOR FOLLOWING THIS PLAN:

FOLLOW THIS TRAINING PLAN IF YOU ARE CURRENTLY RUNNING AROUND 3 DAYS PER WEEK AND 20-24KM PER WEEK

THIS PLAN IS DESIGNED SPECIFICALLY TO PREPARE YOU FOR THE HILLY BUT BEAUTIFUL COURSE IN BANFF

TRY TO FOCUS ON CONSISTENCY THROUGHOUT THE ENTIRE 8 WEEKS

ENJOY THE PROCESS AND PREPARE TO RUN ONE OF THE WORLD'S MOST SCENIC RACES!



Rhythm Run Coaching is based in Banff, AB. Visit rhythmrunc coaching.com for more details.



	MON	TUE	WED	THU	FRI	SAT	SUN
1	4km easy	Rest	6km easy	5km easy + 4x20" uphill strides	Rest	11km aerobic	Rest
2	5km easy	Rest	Intervals: 10' WU, 6x(30" fast, 30" easy), 10' CD	4km easy	Rest	13km aerobic	Rest
3	4km easy	Rest	Intervals: 10' WU, 4x(1' uphill effort, jog down), 10' CD	3km easy	Rest	10km aerobic	Rest
4	6km easy + 4x20" uphill strides	Rest	5km easy	Intervals: 10' WU, 10' tempo, 10' CD	Rest	14km aerobic	Rest
5	5km easy + 4x30" flat strides	Rest	Intervals: 10' WU, 3x(3' uphill efforts, jog down), 10' CD	4km easy	Rest	16km aerobic	Rest
6	6km easy + 4x20" uphill strides	Rest	Intervals: 10' WU, 2x(5' tempos, 3' easy), 10' CD	5km easy	Rest	18km aerobic	Rest
7	5km easy	Rest	3km easy + 3x30" uphill strides	Rest	4km easy	12km aerobic	Rest
8	4km easy	Rest	3km easy + 4x30" flat strides	Rest	2km easy shakeout	Race Day!	Recover + Celebrate!