



# Eversource Half Marathon Training Plan



Weeks to Race	Training Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
12	1	17-Jul	Rest/Cross*	3 miles	Rest/Cross*	4 miles	Full Rest Day	5 miles	3 miles	15 miles
11	2	24-Jul	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6 miles	3 miles	16 miles
10	3	31-Jul	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6.5 miles	3 miles	16.5 miles
9	4	7-Aug	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	5 miles	3 miles	15 miles
8	5	14-Aug	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	3 miles	18 miles
7	6	21-Aug	Rest/Cross	4 miles	2 miles	4 miles	Full Rest Day	8 miles	3 miles	21 miles
6	7	28-Aug	Rest/Cross	3 miles	3 miles	5 miles	Full Rest Day	9 miles	4 miles	24 miles
5	8	4-Sep	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	3 miles	18 miles
4	9	11-Sep	Rest/Cross	4 miles	3 miles	5 miles	Full Rest Day	10 miles	3 miles	25 miles
3	10	18-Sep	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	12 miles	5 miles	33 miles
2	11	25-Sep	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	10 miles	3 miles	29 miles
1	12	2-Oct	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	8 miles	3 miles	19 miles
<b>Race Week</b>		<b>9-Oct</b>	Rest/Cross	2 miles	Rest/Cross	6 miles	Full Rest Day	<b>RACE DAY ! 13.1</b>	Recovery Run / Walk	21.1 miles

- Base Building (Start of official program)
- Sharpening Phase specific to Race Course
- Taper
- Race Day
- Recovery

This plan is based on the assumption that you are currently running at least 15 miles per week, at least 3 times per week, and are able to run at least 5 miles.

\*Rest/Cross Train Day - Cross training can be a 45 minute bike ride or a 20 minute swim at Relative Perceived Effort 1-2. RPE 1-2 is defined as exertion where breathing difficulty is perceived as light.

**Base Building:** Prepares you for your next phase of training.  
**Sharpening:** Training specific to the race distance.  
**Taper:** Reducing mileage before a race. Tapering helps muscles rest so that they are ready on race day.  
**Recovery:** Walk or run at an easy to moderate intensity to get blood flowing to your muscles to help them recover.

*Please consult a physician or other health care professional before starting this or any fitness program to determine if it is suitable.*