Eversource Half Marathon Training Plan

Weeks to Race	Training Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
12	1	22-Jul	Rest/Cross*	3 miles	Rest/Cross*	4 miles	Full Rest Day	5 miles	3 miles	15 miles
11	2	29-Jul	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6 miles	3 miles	16 miles
10	3	5-Aug	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6.5 miles	3 miles	16.5 miles
9	4	12-Aug	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	5 miles	3 miles	15 miles
8	5	19-Aug	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	3 miles	18 miles
7	6	26-Aug	Rest/Cross	4 miles	2 miles	4 miles	Full Rest Day	8 miles	3 miles	21 miles
6	7	2-Sep	Rest/Cross	3 miles	3 miles	5 miles	Full Rest Day	9 miles	4 miles	24 miles
5	8	9-Sep	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	3 miles	18 miles
4	9	16-Sep	Rest/Cross	4 miles	3 miles	5 miles	Full Rest Day	10 miles	3 miles	25 miles
3	10	23-Sep	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	12 miles	5 miles	33 miles
2	11	30-Sep	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	10 miles	3 miles	29 miles
1	12	7-Oct	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	8 miles	3 miles	19 miles
Race Week		14-Oct	Rest/Cross	2 miles	Rest/Cross	6 miles	Full Rest Day	RACE DAY ! 13.1	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.

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.

*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.

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