



UConn Health Half Marathon Training Plan

Weeks to Race	Training Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
12	1	4-Mar	Rest/Cross*	3 miles	Rest/Cross*	4 miles	Full Rest Day	5 miles	3 miles	15 miles
11	2	11-Mar	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6 miles	3 miles	16 miles
10	3	18-Mar	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6.5 miles	3 miles	16.5 miles
9	4	25-Mar	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	5 miles	3 miles	15 miles
8	5	1-Apr	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	3 miles	18 miles
7	6	8-Apr	Rest/Cross	4 miles	2 miles	4 miles	Full Rest Day	8 miles	3 miles	21 miles
6	7	15-Apr	Rest/Cross	3 miles	3 miles	5 miles	Full Rest Day	9 miles	4 miles	24 miles
5	8	22-Apr	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	3 miles	18 miles
4	9	29-Apr	Rest/Cross	4 miles	3 miles	5 miles	Full Rest Day	10 miles	3 miles	25 miles
3	10	6-May	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	12 miles	5 miles	33 miles
2	11	13-May	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	10 miles	3 miles	29 miles
1	12	20-May	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	8 miles	3 miles	19 miles
Race Week		27-May	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

*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.

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.

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