



## TRAIL PURSUIT TRAINING PLAN: HALF MARATHON

| WEEK | MONDAY      | TUESDAY           | WEDNESDAY        | THURSDAY   | FRIDAY | SATURDAY         | SUNDAY          |
|------|-------------|-------------------|------------------|--|--------|------------------|-----------------|
| 1    | ACTIVE REST | 3 MILES<br>Easy   | STRENGTH SESSION | <b>HILL SESSION</b><br>- Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill<br>- Cool down: 10-20 mins easy | REST   | STRENGTH SESSION | 4 MILES<br>Easy |
| 2    | ACTIVE REST | 3 MILES<br>Easy   | STRENGTH SESSION | <b>HILL SESSION</b><br>- Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill<br>-Cool down: 10-20 mins easy  | REST   | STRENGTH SESSION | 5 MILES<br>Easy |
| 3    | ACTIVE REST | 3.5 MILES<br>Easy | STRENGTH SESSION | <b>HILL SESSION</b><br>- Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill<br>-Cool down: 10-20 mins easy  | REST   | STRENGTH SESSION | 6 MILES<br>Easy |
| 4    | ACTIVE REST | 3.5 MILES<br>Easy | STRENGTH SESSION | <b>HILL SESSION</b><br>- Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill<br>-Cool down: 10-20 mins easy  | REST   | STRENGTH SESSION | 7 MILES<br>Easy |



## TRAIL PURSUIT TRAINING PLAN: HALF MARATHON

| WEEK | MONDAY      | TUESDAY           | WEDNESDAY        | THURSDAY   | FRIDAY | SATURDAY         | SUNDAY           |
|------|-------------|-------------------|------------------|--|--------|------------------|------------------|
| 5    | ACTIVE REST | 4 MILES<br>Easy   | STRENGTH SESSION | <b>HILL SESSION</b><br>- Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill<br>- Cool down: 10-20 mins easy | REST   | STRENGTH SESSION | 8 MILES<br>Easy  |
| 6    | ACTIVE REST | 4 MILES<br>Easy   | STRENGTH SESSION | <b>HILL SESSION</b><br>- Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill<br>-Cool down: 10-20 mins easy  | REST   | STRENGTH SESSION | 9 MILES<br>Easy  |
| 7    | ACTIVE REST | 4.5 MILES<br>Easy | STRENGTH SESSION | <b>HILL SESSION</b><br>- Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill<br>-Cool down: 10-20 mins easy  | REST   | STRENGTH SESSION | 10 MILES<br>Easy |
| 8    | ACTIVE REST | 5 MILES<br>Easy   | STRENGTH SESSION | <b>HILL SESSION</b><br>- Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill<br>-Cool down: 10-20 mins easy  | REST   | STRENGTH SESSION | 8 MILES<br>Easy  |



## TRAIL PURSUIT TRAINING PLAN: HALF MARATHON

| WEEK | MONDAY      | TUESDAY           | WEDNESDAY        | THURSDAY   | FRIDAY | SATURDAY         | SUNDAY           |
|------|-------------|-------------------|------------------|--|--------|------------------|------------------|
| 9    | ACTIVE REST | 5 MILES<br>Easy   | STRENGTH SESSION | TEMPO SESSION<br>- Warm-up: 2miles:25 mins at 10k pace<br>-Cool down 2 miles | REST   | STRENGTH SESSION | 10 MILES<br>Easy |
| 10   | ACTIVE REST | 4.5 MILES<br>Easy | STRENGTH SESSION | TEMPO SESSION<br>- Warm-up: 2miles:25 mins at 10k pace<br>-Cool down 2 miles | REST   | STRENGTH SESSION | 12 MILES<br>Easy |
| 11   | ACTIVE REST | 4 MILES<br>Easy   | STRENGTH SESSION | TEMPO SESSION<br>- Warm-up: 2miles:25 mins at 10k pace<br>-Cool down 2 miles | REST   | ACTIVE REST      | 5 MILES<br>Easy  |
| 12   | ACTIVE REST | 3 MILES<br>Easy   | 30 MINS<br>Easy  | 3 MILES<br>Easy  | REST   | RACE DAY!        | REELAX!          |

[WWW.TRILPURSUIT.COM](http://WWW.TRILPURSUIT.COM)