HALF MARATHON

14-WEEK TRAINING PROGRAMME

NRC
NIKE RUN CLUB
The goal of this plan isn’t to get you across the finish line, it’s to get the best version of you across the finish line.
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Before diving straight into the training plan, read all of the material to ensure you get the most out of it.

This plan is built to adapt to your experience level, but it’s also uniquely flexible to your needs. Here’s what you should know to get the most out of the Nike+ Run Club Training Plan:

It’s not just about distance
This training plan is built to help you to maximise your efforts on race day through Speed, Endurance and Recovery.

This plan works for you
Your schedule varies. So does the weather and how you feel, but here are a few things to keep in mind as you modify this plan to your needs:

- Speed and Endurance Runs are essential parts of the plan to maximise your training.
- You have four Recovery days – use them to break up your Speed and Endurance Runs. Avoid doing Speed and Endurance runs on back-to-back days.
- Use Recovery days as you choose. You can run a few miles, cross-train or take a rest. We recommend running on two of your four Recovery days.
- Stay within the recommended distance ranges during Endurance and Recovery Day runs.

Training starts when you start
This plan was designed around a 14-week schedule for maximum results. It was built to adapt to your experience level and intended to be uniquely flexible to your needs as you prepare to tackle a Half-Marathon. Whether you’re eight or fourteen weeks from race day, you can jump into this programme whenever it suits you. You’re in control of what you put into the programme.

Tools to take you further
- You ran those miles. Now claim them. Share your progress with the Nike+ Running App to get cheers, motivation and encouragement from your friends.
- The N+TC App is a great way to add cross-training to your schedule.
WEEKLY WORKOUTS

This plan includes three types of workout activities each week. All three are important to get the fittest, strongest and fastest version of you to the finish line.

SPEED

Building strength through speed training is important as you prepare. Throughout this plan you’ll be introduced to a variety of speed workouts and drills that will make you faster.

ENDURANCE

You need endurance training to help prepare your body and mind to go the distance on race day. You will work on endurance with weekly Long Runs.

RECOVERY

Recovering from your workout days is just as important as the workouts themselves. Use these days to recover based on how you feel. Either take the day off, try a N+TC workout or go for a few Recovery miles.
Throughout the plan, you will see references to different paces you should aim to maintain during specific workouts. Over the course of your training, you will run using different pace targets. Knowing your pace targets will make your speed work easier.

Treat each pace target as the middle of a range. You may train slightly above or below these paces. They are not exact paces and you are not a robot.

The chart on page 8 will help you understand which pace you should aim to run during each session.

**FIND YOUR STARTING PACE**

To get started, you’ll need to identify the row of pace targets that is right for you.

You can find the right row based on any of the following:

- Use a recent 5km, 10km, Half-Marathon or Marathon time, if you have run one. By "recent" we mean in the last month or two.

- Use the Nike+ Running App and go on a few runs to determine your average pace. This will be your Recovery day pace.

- If you already run often, you could make an educated guess based on your current fitness.

Whichever one you use, this will be your starting point to find your row of pace targets within the Pace Chart.
FOR EXAMPLE

If your last race was a 27-minute 5km, find that 5km time under the 5km column on the Pace Chart and slide across the row left or right to find your other pace targets. In this case, the pace targets would be as follows:

<table>
<thead>
<tr>
<th>MILE BEST</th>
<th>5KM BEST / AVG MILE PACE</th>
<th>10KM BEST / AVG MILE PACE</th>
<th>TEMPO AVG MILE PACE</th>
<th>HALF MARATHON BEST / AVG MILE PACE</th>
<th>MARATHON BEST / AVG MILE PACE</th>
<th>RECOVERY DAY PACE</th>
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<tr>
<td>8:00</td>
<td>27:00 / 8:40</td>
<td>55:50 / 9:00</td>
<td>9:25</td>
<td>2:05:00 / 9:30</td>
<td>4:15:00 / 9:45</td>
<td>10:30</td>
</tr>
</tbody>
</table>

Start with your 5km Best / Avg Mile Pace and read left or right.

ANOTHER EXAMPLE

If your Mile Best time is 9:30, find that Mile Best time on the Pace Chart and slide across to see your other average mile pace targets. Here, your pace targets would be as follows:

<table>
<thead>
<tr>
<th>MILE BEST</th>
<th>5KM BEST / AVG MILE PACE</th>
<th>10KM BEST / AVG MILE PACE</th>
<th>TEMPO AVG MILE PACE</th>
<th>HALF MARATHON BEST / AVG MILE PACE</th>
<th>MARATHON BEST / AVG MILE PACE</th>
<th>RECOVERY DAY PACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30</td>
<td>31:45 / 10:15</td>
<td>66:00 / 10:35</td>
<td>11:00</td>
<td>2:25:00 / 11:05</td>
<td>5:00:00 / 11:25</td>
<td>12:10</td>
</tr>
</tbody>
</table>

Start with your Mile Best and read right for your other pace targets.

THINGS TO KNOW

When you have your range of pace targets, it helps to understand a few things about how you will use them:

During your training there will be days you may be a little ahead of pace, and other days a little behind. Remember that the paces are only to be used as a guide. You will have good days and bad days so be flexible with your expectations. Hopefully, you will be increasing your fitness each week and your paces will increase in speed as you go.

When this plan is over and you head out for race day be confident in all the work you have done. It is that work that will take you to new fitness levels, faster paces, this starting line and the all the ones beyond.
<table>
<thead>
<tr>
<th>MILE BEST</th>
<th>5KM BEST / AVG MILE PACE</th>
<th>10KM BEST / AVG MILE PACE</th>
<th>TEMPO AVG MILE PACE</th>
<th>HALF MARATHON BEST / AVG MILE PACE</th>
<th>MARATHON BEST / AVG MILE PACE</th>
<th>RECOVERY DAY PACE</th>
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</thead>
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<td>2:44:00 / 6:15</td>
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<td>75:00 / 12:00</td>
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<td>2:50:00 / 12:55</td>
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<tr>
<td>11:30</td>
<td>38:00 / 12:15</td>
<td>78:30 / 12:35</td>
<td>13:00</td>
<td>2:55:00 / 13:15</td>
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<td>13:35</td>
<td>3:05:00 / 14:05</td>
<td>6:00:00 / 13:45</td>
<td>14:30</td>
</tr>
</tbody>
</table>
# GLOSSARY

This glossary elaborates on the running-specific terms you’ll see referenced throughout this plan. It’s important to understand the different types of runs that this plan includes in order to get the most out of the full training journey.

## WORKOUTS

### SPEED

The best way to improve your fastest pace is to work on it for brief periods in a series of speed intervals. They can be the same length and pace with the same amount of recovery time, or can involve various distances, paces and recovery periods. Long intervals, Fartlek, Tempo and Hill Runs are all Speed workouts. See Types of Runs below for definitions of these.

### ENDURANCE

Your weekly Endurance Run is a long-distance run at a comfortable pace. It is an essential part of your training that helps the body and mind adapt to increased distances. It also helps you get familiar with the physical and mental challenges that you might face during a race. This run should be run as a Progression Run. See Types of Runs for a definition of Progression Run.

### RECOVERY

Recovery is just as important as your hard workouts. Listen to what your body needs on recovery days, whether that means taking the day off completely, cross-training with the N+TC App or running a few Recovery miles. Ideally, at least two of your Recovery days should be spent running. Recovery Runs increase your stamina and help you recover at the highest quality possible after intense training. They should be run as Progression Runs. See Types of Runs below for a definition of Progression Run.

## TYPES OF RUNS

### PROGRESSION

Progression Runs improve stamina and allow the body to adapt to the stress of running. Build your pace over the course of each run by starting at a slower than Recovery Pace and finishing at a faster than Recovery Pace. Over the course of the run you will average your Recovery Pace. Your Endurance and Recovery Runs should always be run as Progression Runs.

### TRACK

Track refers to a session that includes a series of speed intervals. Ideally, this type of a workout is done on a track as the surface allows you to play with faster paces with precise measurements, but it can be done just about anywhere. You may choose to use streets, traffic lights or even trees as interval markers.

### FARTLEK

Fartleks work on speed and strength by alternating distances and paces during a continuous run. An example Fartlek workout structure could be one minute running easy followed by one minute running hard, repeated for a certain amount of minutes, miles or alternating every street.

### SPLIT INTERVALS

Split Intervals refers to running two different paces in one interval. For example, running a 400-metre interval, with the first 200 metres easy and the last 200 metres fast. This effectively divides the interval into two parts.

### TEMPO

Tempo is a hard but controlled pace that can be run as long intervals or a steady run of 1-10 miles. The purpose of a Tempo Run is to build mental and physical endurance and to become comfortable with being uncomfortable.

### HILLS

Hill workouts develop speed and form. It takes extra effort to run uphill so you do not need to run as fast as you would on a flat section. While running uphill, remain in control of your breathing. Don’t lean too far forward. A light lean with the chin leading the chest is enough. Uphills are a great way to develop speed and strength with minimal pounding on the legs.

### TURNAROUNDS

Turnarounds are practised during short intervals. Rather than stopping at the end of an interval, run through the line and turn around as quickly and safely as you can to start the next repeat.

## TYPES OF PACES

### MILE PACE (FASTEST)

This is the pace you could race or run hard for one mile.

### 5KM PACE (FASTER)

This is the pace you could race or run hard for about 3 miles.

### 10KM PACE (FAST)

This is the pace you could race or run hard for about 6 miles.

### TEMPO PACE

Teaching your body to be comfortable being uncomfortable by maintaining a pace between 10km (FAST) and Recovery (EASY).

### RECOVERY PACE (EASY)

A pace easy enough that you can catch your breath while running.
IF YOUR SCHEDULE DOES NOT MATCH THE TRAINING SCHEDULE,

adjust the training schedule to your needs. For best results, each week should include the three key workouts – Speed, Endurance and Recovery. Prioritise Speed and Endurance workouts and make sure you recover intelligently.

IF YOU DON’T KNOW HOW TO FIGURE OUT YOUR PACE,

then experiment until you find it. When you’re out running, you run on feel. You have different gears whether you realise it or not. Be patient, pay attention and have fun experimenting with your comfort level while running at different speeds across different distances. Use the Nike+ Running App while you run to keep track of your paces, and use our Pace Chart guidelines on page 6 to find your pace targets.

IF YOU’RE TIRED,

figure out why. Feeling fatigued is normal as your training progresses, but make sure you’re supporting yourself in all other aspects of your life: get enough sleep, eat right, hydrate properly, respect Recovery days and wear the proper shoes. Sometimes the best training is to focus on recovery and rest.

IF YOU LACK MOTIVATION,

look for inspiration. Even where you don’t expect to find it – like on a run that you don’t want to do. Go out for ten minutes and if you don’t feel like running anymore then come back. Just make sure you come back running.

IF YOU HAVE A TERRIBLE RUN,

move on to the next one. Some runs are just terrible—sometimes there’s no reason, sometimes there is. Take a moment to see if there’s a reason and learn something about yourself if there is. Being comfortable with a bad run is just as important as the joy of a great run.

IF YOU’RE HURT,

stop running. There is a difference between hurting and being hurt. It’s essential to listen to and learn from your body throughout your training. Sometimes missing miles in the present lets you run better miles in the future.

IF YOU ARE GOING TO RACE,

give yourself time to recover—beforehand and afterwards. You may want to back off in terms of distance or pace a few days prior to the race. Be sure to give yourself a few days of recovery after it’s over too (regardless of whether or not you consider it a successful race).
WEEK-BY-WEEK OVERVIEW

This 14-week training plan combines Speed, Endurance and Recovery to get you ready to tackle a Half-Marathon. This plan is built for you to adapt to your experience level and your schedule. The plan starts when you do, so weeks count down from 14 weeks down to one allowing you to jump in whenever you need to.

14 WEEKS TO GO
A STARTING LINE

This week you will begin your 14-week journey with a series of runs and light workouts that will introduce you to the training plan.

13 WEEKS TO GO
SET GOOD HABITS

Time to develop new habits. This week draws special attention to the how and why of the training. Work on building stamina and proper pacing on workout days.

12 WEEKS TO GO
DEVELOP CONSISTENCY

In your third week of training, you will now begin to feel a rhythm to your running. The secret to running well is consistency.

11 WEEKS TO GO
LEARN TO FOCUS

Training this week may tax you both physically and mentally. Be focused in the moment and by preparing ahead of time for each day’s workout.

10 WEEKS TO GO
BUILD UP STRENGTH

The training so far has had its greatest effect on your strength. This week you will test that by taking on more strength work.

9 WEEKS TO GO
PUSH ENDURANCE

Your endurance has improved. This week you will put it to work. Longer intervals and a longer Long Run are on the menu.

8 WEEKS TO GO
PICK UP THE PACE

This week, you’re going to get comfortable with being uncomfortable. Break out of the paces you’ve set for yourself and try experimenting with new paces that test your limits.

7 WEEKS TO GO
LOOK AHEAD

This week, training shifts from foundational running and base workouts to getting race ready.

6 WEEKS TO GO
EMBRACE FAST

You have been getting faster each week. Now it’s time to be as fast as you can. This week you will be working on both your speed and strength.

5 WEEKS TO GO
MOVE AHEAD

This week is a great opportunity to look ahead to the athlete you want to be. Be that athlete now. Take on some faster paces and consider adjusting your race goals to match the runner you’ve become.

4 WEEKS TO GO
HIT YOUR PEAK

Your training will hit its peak this week. Be prepared to work hard, be tired and enjoy every minute of it.

3 WEEKS TO GO
SHARPE EVERY STEP

You don’t taper. You sharpen. This week the speed picks up but the recovery picks up even more. It’s quality running and quality recovery from now on.

2 WEEKS TO GO
MAINTAIN YOUR WORK

You have done the training. Now it’s time to maintain this body of work. As the intensity winds down, it’s important to focus on sleep, hydration, diet and fun.

1 WEEK TO GO
THE STARTING LINE

You’ve made it. Run strong and confidently this week. Use what you have learned and the progress you have made. You are ready to take the line.
This week you will begin your journey with a series of runs and light workouts that will introduce you to the training plan. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

### 14 WEEKS TO GO

#### A STARTING LINE

**SPEED**

**TRACK**

- 800 metres at 10km pace
- 800 metres at Tempo pace
- 800 metres at 5km pace
- 800 metres at Tempo pace
- 400 metres at Mile pace
- 800 metres at Tempo pace
- (2x) 200 metres at Mile pace
- 800 metres at Tempo pace

90-second recovery between each interval.

**RECOVERY**

We recommend recovering with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

**ENDURANCE**

**4 MILES**

This is your longest run of the week. Run this distance consistently to build your endurance for race day.

In these early weeks, the goal is to get your body used to longer distances. Don’t worry too much about the pace, it should feel comfortable. After the run, look over your mile splits on the Nike+ Running App, which will serve as a great benchmark for future runs.

**RECOVERY**

The purpose of today’s 2-5 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

**RECOVERY**

Easy does it. Run a few Recovery miles, do a N+TC workout or take the whole day off.

**RECOVERY**

Go for a few Recovery miles, do a N+TC workout or take the whole day off. Give your body whatever it craves today.

**SPEED**

**FARTLEK**

Follow this time-based interval sequence, alternating from an easy to a hard pace without stopping.

- 1-min easy pace, 1-min hard pace
- 2-min easy, 2-min hard
- 3-min easy, 3-min hard
- 1-min easy, 1-min hard
- 2-min easy, 2-min hard
- 3-min easy, 3-min hard
Time to develop new habits. This week draws special attention to the how and why of the training. Work on building stamina and proper pacing on workout days. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended miles. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

(16x) 400 metres alternating between your 10km pace and your 5km pace.

Follow each 400-metre interval with 2 minutes of rest.

**RECOVERY**

Focus on control as you recover from your last workout. Recover with 2-5 Progression miles. Gradually build speed from your first mile to your last.

**ENDURANCE**

**4 MILES**

Your longest run yet. Run this distance consistently to prepare your mind and body for race day.

Now that you’ve made it this far, start to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is **60-90 seconds** slower than your goal pace for race day.

**RECOVERY**

Recovery miles are as important as your Speed and Endurance Runs. Try running 2-5 miles progressively today. Start slow and gradually build your speed so your last mile is faster than your first.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

**RECOVERY**

Focus on control as you recover from your last workout. Recover with 2-5 Progression miles. Gradually build speed from your first mile to your last.

**SPEED**

**HILLS**

Run up a **short** hill at your Mile pace for 25 seconds. Repeat 6x.

Run up a **long** hill at your 5km pace for 60 seconds. Repeat 6x.

Run up a **short** hill at your Mile pace for 25 seconds. Repeat 6x.

Jog back downhill between intervals.
In your third week of training, you will now begin to feel a rhythm to your running. The secret to running well is consistency. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

- 1000 metres at 10km pace
- 500 metres at 5km pace
- 500 metres at 5km pace
- 200 metres at Mile pace
- 400 metres at 5km pace
- 400 metres at 5km pace
- (5x) 200 metres at Mile pace

90 seconds of recovery after each interval.

**ENDURANCE**

**6 MILES**

Running this distance consistently will help prepare the body and mind to go the distance on race day.

In these early weeks, the goal is to get your body used to longer distances. Don’t worry too much about the pace; it should feel comfortable. After the run, look over your mile splits on the Nike+ Running App, which will serve as a great benchmark for future runs.

**RECOVERY**

Get the most out of today with a 2-5 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

**RECOVERY**

We recommend recovering with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

**RECOVERY**

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.

**SPEED**

**TRACK**

- (8x) 100-metre Strides
- (2x) 1200 metres at 10km pace
- (1x) 1200 metres at Marathon pace
- (2x) 1200 metres at 10km pace
- (8x) 100-metre Strides

3 minutes of recovery between each interval.
Training this week may tax you both physically and mentally. Be focused in the moment and by preparing ahead of time for each day’s workout. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

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**TRACK**

- (4x) 200 metres at Mile pace
- 400 metres at 5km pace
- (4x) 200 metres at Mile pace
- 400 metres at 5km pace
- (4x) 200 metres at Mile pace
- 400 metres at 5km pace
- (4x) 100 metres as turnarounds
- 60 seconds’ recovery after 200 s
- 2 minutes’ recovery after 400 s

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**ENDURANCE**

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**6 MILES**

Your longest run yet. Run this distance consistently to prepare your mind and body for race day.

Now that you’ve made it this far, start to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

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**RECOVERY**

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**RECOVER from your last effort with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.**

**RECOVERY**

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The purpose of today’s 2-5 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

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**RECOVERY**

---

Easy does it. Run a few Recovery miles, do a N+TC workout or take the whole day off.

---

**RECOVERY**

---

Go for a few Recovery miles, do a N+TC workout or take the whole day off. Give your body whatever it craves today.

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**SPEED**

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**TEMPO**

- (4x) 150-metre Strides
- 3-mile Tempo
- (4x) 150-metre Strides
The training so far has had its greatest effect on your strength. This week you will test that by taking on more strength work. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

(4x) 100 metres at Mile pace
1000 metres at 5km pace
400 metres at 10km pace
(4x) 100 metres at Mile pace as turnarounds
90-second recovery after each interval.

**ENDURANCE**

**8 MILES**

Running this distance consistently will help prepare the body and mind to go the distance on race day.

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

**SPEED**

**TEMPO**

Run 4 miles at your Tempo pace. Push yourself up any hills along your route, but if you’re on flat terrain then push yourself for 60 seconds every 5 minutes.

**RECOVERY**

Focus on control as you recover from your last workout. Recover with 2-5 Progression miles. Gradually build speed from your first mile to your last.

**RECOVERY**

Recovery miles are as important as your Speed and Endurance Runs. Try running 2-5 miles progressively today. Start slow and gradually build your speed so your last mile is faster than your first.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

**RECOVERY**

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
Your endurance has improved. This week you will put it to work. Longer intervals and a longer Long Run are on the menu. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

(16x) 200 metres alternating between your 10km pace and your 5km pace.

Follow each 200-metre interval with 90 seconds of rest.

**RECOVERY**

Get the most out of today with a 2-5 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

**RECOVERY**

We recommend recovering with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

**ENDURANCE**

**10 MILES**

Get ready to go the distance on race day with your week’s longest run.

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

**RECOVERY**

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.

**SPEED**

**HILLS**

Run up and over a hill 9x.

Don’t just stop at the top of the hill—run for an additional 20 seconds when you reach the top.
This week, you’re going to get comfortable with being uncomfortable. Break out of the paces you’ve set for yourself and try experimenting with new paces that test your limits. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

### SPEED

**TRACK**

(2x) 200 metres at Mile pace
Split 800: 600 metres at 5km pace, then 200 metres at Mile pace
400 metres at 5km pace
Split 800: 600 metres at 5km pace, then 200 metres at Mile pace
400 metres at 5km pace
(2x) 200 metres at Mile pace

60-second recovery after 200-metre intervals.
2-minute recovery after all other intervals.

### ENDURANCE

**8 MILES**

This is your longest run of the week. Run this distance consistently to build your endurance for race day.

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

### RECOVERY

**—**

Recover from your last effort with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

**—**

Easy does it. Run a few Recovery miles, do a N+TC workout or take the whole day off.

**—**

The purpose of today’s 2-5 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

**—**

Go for a few Recovery miles, do a N+TC workout or take the whole day off. Give your body whatever it craves today.

**—**

The purpose of today’s 2-5 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

**—**

Go for a few Recovery miles, do a N+TC workout or take the whole day off. Give your body whatever it craves today.
This week, training shifts from foundational running and base workouts to getting race-ready. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

400 metres at 10km pace
(2x) 400 metres at 5km pace
400 metres at Mile pace

2-minute recovery between each interval. Repeat series 4x.

**ENDURANCE**

**10 MILES**

Get ready to go the distance on race day with your week’s longest run.

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

**SPEED**

**FARTLEK**

1 mile at your Tempo pace

Follow with this Fartlek sequence:
1 min at a hard pace, 30 sec easy pace
2 min hard, 1 min easy
3 min hard, 1.5 min easy
3 min hard, 1.5 min easy
2 min hard pace, 1 min easy
1 min at a hard pace, 30 sec easy
1 mile at Tempo pace

**RECOVERY**

Recovery miles are as important as your Speed and Endurance Runs. Try running 2-5 miles progressively today. Start slow and gradually build your speed so your last mile is faster than your first.

**RECOVERY**

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.
EMBRACE FAST

You have been getting faster each week. Now it’s time to be as fast as you can. This week you will be working on both your speed and strength. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

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**SPEED**

**INTERVALS**

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<tr>
<td>1000 metres</td>
<td>Tempo</td>
<td>recovery</td>
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</table>

(6x) 100-metre strides

2-minute rest between each interval.
30 seconds between Strides.

---

**ENDURANCE**

8 MILES

Running this distance consistently will help prepare the body and mind to go the distance on race day.

You’re almost there! For the last six weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

---

**RECOVERY**

Get the most out of today with a 2-5 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

We recommend recovering with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
This week is a great opportunity to look ahead to the athlete you want to be. Be that athlete now. Take on some faster paces and consider adjusting your race goals to match the runner you’ve become. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

- 300 metres at Mile pace 45-sec recovery
- 400 metres at 5km pace 2-min recovery
- 500 metres at 5km pace 2-min recovery
- 600 metres at 10km pace 2-min recovery
- 500 metres at 5km pace 2-min recovery
- 400 metres at 5km pace 2-min recovery
- 300 metres at Mile pace 45-sec recovery

**ENDURANCE**

**10 MILES**

Get ready to go the distance on race day with your week’s longest run.

For the last five weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

**RECOVERY**

Recover from your last effort with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

**RECOVERY**

Recover from your last effort with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

**RECOVERY**

Easy does it. Run a few Recovery miles, do a N+TC workout or take the whole day off.

**SPEED**

**TEMPO**

- 4 mile Progression Run averaging your Tempo pace.
- (8x) 100-metre Strides

**RECOVERY**

The purpose of today’s 2-5 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

**RECOVERY**

Go for a few Recovery miles, do a N+TC workout or take the whole day off. Give your body whatever it craves today.
HIT YOUR PEAK

Your training will hit its peak this week. Be prepared to work hard, be tired and enjoy every minute of it. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

SPEED

TRACK

Start out your session with a 2-mile time trial—running at your race-day pace. 10-minute recovery after 2 miles

- 200 metres at 10km pace
- 200 metres at 5km pace
- 200 metres at Mile pace
- 200 metres at 10km pace
- 200 metres at 5km pace
- 200 metres at Mile pace
- 60-second recovery between intervals

ENDURANCE

11 MILES

Running this distance consistently will help prepare the body and mind to go the distance on race day.

You’re almost there! For the last four weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

RECOVERY

Focus on control as you recover from your last workout. Recover with 2-5 Progression miles. Gradually build speed from your first mile to your last.

RECOVERY

Recovery miles are as important as your Speed and Endurance Runs. Try running 2-5 miles progressively today. Start slow and gradually build your speed so your last mile is faster than your first.

RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

RECOVERY

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.

SPEED

TEMPO

Run 6 miles today. The first 3 miles should be run at Recovery Run Pace. Run the last 3 miles at your faster Tempo Pace.
SHARPEN EVERY STEP

You don’t taper. You sharpen. This week the speed picks up but the recovery picks up even more. It’s quality running and quality recovery from now on. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

SPEED

TRACK

Run 1 Mile: Alternate running 200 metres at Tempo pace then 200 metres at Mile pace. Follow with 4-minute recovery.
Run 800m: 200 m at Tempo pace then 200 m at Mile pace. 2-minute recovery.
Run 400m: 200 m at Tempo pace then 200 m at Mile pace.

RECOVERY

Get the most out of today with a 2-5 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

ENDURANCE

8 MILES

Get ready to go the distance on race day with your week’s longest run.

For the last three weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

RECOVERY

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.

SPEED

HILLS

Run uphill for 2 minutes—preferably 90 seconds up and 30 seconds over a crest. Repeat 6x.

If you don’t have a hill, do a 2-minute Progression Run that builds from a 10km to a Mile pace and repeat 6x.

Whether on a hill or flat, allow for a full recovery between intervals.

RECOVERY

We recommend recovering with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

RECOVERY

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

RECOVERY

Get the most out of today with a 2-5 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

3 WEEKS TO GO
MAINTAIN YOUR WORK

You have done the training. Now it’s time to maintain this body of work. As the intensity winds down, it’s important to focus on sleep, hydration, diet and fun. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

- (4x) 200 metres at **Mile** pace
- (2x) 400 metres at **10km** pace
- (4x) 200 metres at **5km** pace
- (2x) 400 metres at **10km** pace
- (4x) 200 metres at **Mile** pace

60-second recovery between each interval.

**ENDURANCE**

**6 MILES**

Running this distance consistently will help prepare the body and mind to go the distance on race day.

For the last two weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

**SPEED**

**TRACK**

- **1.5-mile** Recovery Run
- (2x) 100-metre Strides
- **1000 metres at Tempo** pace
- (2x) 100-metre Strides
- **1000 metres at Tempo** pace
- **1.5-mile** Recovery Run

**RECOVERY**

Recover from your last effort with a 2-5 mile Progression Run. Start slow and quicken your pace over the course of your run.

The purpose of today’s 2-5 mile run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

Easy does it. Run a few Recovery miles, do a N+TC workout or take the whole day off.

Go for a few Recovery miles, do a N+TC workout or take the whole day off. Give your body whatever it craves today.
You’ve made it. This week, run strong and confident. Use what you have learned and the progress you have made. You are ready to take the line. You can modify the following sequence to suit your week, but don’t do Speed and Endurance runs back to back and stick to the recommended distance. To round out your training, add N+TC workouts into your routine to get fit, fast.

**SPEED**

**TRACK**

- (2x) 200 metres at Mile pace
- (2x) 400 metres at 5km pace
- 800 metres at 10km pace
- (2x) 400 metres at Marathon pace
- (2x) 200 metres at Mile pace

2-minute recovery between each interval.

**RECOVERY**

Focus on control as you recover from your last workout. Recover with 2-5 Progression miles. Gradually build speed from your first mile to your last.

**RACE DAY**

**HALF-MARATHON**

You’ve made it. Run strong and confidently this week. Use what you have learned and the progress you have made. You are ready to take the line.

**RECOVERY**

Recovery miles are as important as your Speed and Endurance Runs. Try running 2-5 miles progressively today. Start slow and gradually build your speed so your last mile is faster than your first.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Recovery miles, doing a N+TC workout or take the day off.

**RECOVERY**

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.

**SPEED**

**TRACK**

- 2-mile Recovery Run
- (8x) 100-metre Strides
- 1-mile Recovery Run
Below is a sample weekly breakdown of the plan. If your schedule doesn’t match the training schedule, adjust the training schedule to your needs. For best results, each week should include these key workouts – Speed, Endurance and Recovery, but prioritise Speed and Endurance if you don’t have time to do everything. Use this as a visual guide and get ready to tackle a Half-Marathon.

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You can download the N+TC App and the Nike+ Running App from the iTunes® App Store for iPhone® and iPod Touch® or from Google Play™ for Android™ phones.