First Time Half Marathon Plan - Gandy Dancer 2023

Week & Goals	Notes/ Log	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Week 1, Easy Pace Runs for endurance building	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 4 miles or Cross Train 60 minutes	Easy 4 miles	Easy 3 miles	Cross Train 60 minutes	Easy 3 miles	Easy 6 miles	Rest, Hydrate, Eat fruits and veggies	16-20 running miles 60-120 minutes Cross Train
Week 2, Adding speed play to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 4 miles or Cross Train 60 minutes	Fartlek Run: 5 miles total as 1 mile Warm up, 3 x 30 seconds pick up speed, 3 x 1 minute pick up, cool down to finish mileage	Easy 4 miles	Cross Train 60 minutes	Negative Split Run, 4 Miles: Miles 3 & 4 are faster than miles 1 & 2. Miles 1 & 2 at easy pace, move 3 & 4 closer to race pace	Long Run Easy 7 miles	Rest, Hydrate, Eat fruits and veggies	20-24 running miles 60-120 minutes Cross Train
Week 3, Adding speed play to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 5 miles or Cross Train 60 minutes	Tempo 4 miles: 1 mile Warm Up, 2 miles at race pace, 1 mile Cool Down	Easy 4 miles	Cross Train 60 minutes	Easy 4 miles	Long Run with strong finish 7 miles total, last 10 minutes at race pace	Rest, Hydrate, Eat fruits and veggies	19-24 running miles, 60-120 minutes Cross Train
Made by Erika Albano, Run Well Coach									

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Week 4, Adding race pace mileage to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 5 miles or Cross Train 60 minutes	Tempo 5 miles: 1 mile Warm Up, 5 repeats of 3 minutes at race pace, 1 minute rest, remaining miles to Cool Down	Easy 4 miles	Cross Train 60 minutes	Easy 5 miles	Long Run 8 miles	Rest, Hydrate, Eat fruits and veggies	22-27 running miles 60-120 minutes Cross Train
Week 5, Adding race pace mileage to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 5 miles or Cross Train 60 minutes	Tempo 6 miles: 1 mile Warm Up, 6 repeats of 3 minutes at race pace, 1 minute rest, remaining miles to Cool Down	Easy 3 miles	Cross Train 60 minutes	Easy 6 miles	Long Run 9 miles	Rest, Hydrate, Eat fruits and veggies	24-29 running miles 60-120 minutes Cross Train
Week 6, Adding race pace mileage to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 5 miles or Cross Train 60 minutes	Tempo 7 miles: 1 mile Warm Up, 3 repeats of 5 minutes at race pace, 1 minute rest, remaining miles to Cool Down	Easy 4 miles	Cross Train 60 minutes	Easy 6 miles	Long Run Easy 10 miles	Rest, Hydrate, Eat fruits and veggies	29-34 running miles 60-120 minutes Cross Train
Week 7, Adding race pace mileage to build speed, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 5 miles or Cross Train 60 minutes	Easy 6 miles	Easy 4 miles	Cross Train 60 minutes	Easy 6 miles	Long Run Easy 10 miles with 10 minutes strong finish	Rest, Hydrate, Eat fruits and veggies	28-31 running miles, 60-120 minutes Cross Train
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Week & Goals	Notes/ Log	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Week 8, Increase speedwork distance to simulate length of race, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Negative Split Run, 6 Miles: First 3 miles 30 seconds to 1 minute slower than race pace, Last 3 miles at race pace	Easy 4 miles	Cross Train 60 minutes	Easy 5 miles	Long Run 11 miles	Rest, Hydrate, Eat fruits and veggies	28-32 running miles 60-120 minutes Cross Train
Week 9, Increase speedwork distance to simulate length of race, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Negative Split Run, 7 Miles: First 4 miles 30 seconds to 1 minute slower than race pace, Last 3 miles at race pace	Easy 6 miles	Cross Train 60 minutes	Easy 6 miles	Long Run 12 miles	Rest, Hydrate, Eat fruits and veggies	30-36 running miles 60-120 minutes Cross Train
Week 10, Increase speedwork distance to simulate length of race, continue to add to long run distance	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Negative Split Run, 8 Miles: First 4 miles 30 seconds to 1 minute slower than race pace, Last 4 miles at race pace	Easy 6 miles	Cross Train 60 minutes	Easy 6 miles	Long Run Easy 11 miles	Rest, Hydrate, Eat fruits and veggies	32-38 running miles 60-120 minutes Cross Train
Week 11, Simulate race day with long run	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Easy 6 miles	Easy 6 miles	Cross Train 60 minutes	Easy 6 miles	Long Run 12 miles with miles 4 & 5 and 9 & 10 at race pace, try to run same time of day as race start	Rest, Hydrate, Eat fruits and veggies	30-36 running miles, 60-120 minutes Cross Train
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Week & Goals	**Notes/ Log**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Totals**
Week 12, Fine tune race pace speed during long speedwork sessions, final long run	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Easy 6 miles	Easy 4 miles	Cross Train 60 minutes	Negative Split Run, 6 Miles: First 3 miles 30 seconds to 1 minute slower than race pace, Last 3 miles at race pace	Long Run 10 miles	Rest, Hydrate, Eat fruits and veggies	28-32 running miles 60-120 minutes Cross Train
Week 13, Taper to rest and recover	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 6 miles or Cross Train 60 minutes	Easy 5 miles	Easy 4 miles	Cross Train 60 minutes	Easy 4 miles	Long Run 8 miles	Rest, Hydrate, Eat fruits and veggies	23-29 running miles 60-120 minutes Cross Train
Week 14, Taper to rest and recover, Prepare for race mentally	Easy Runnng pace: 1-2 minutes/mile slower than goal pace	Easy 5 miles or Cross Train 60 minutes	Easy 4 miles	Easy 4 miles, focus mentally on finishing strong, visualize end of race	Rest	Easy 3-5	**RACE 13.1 miles, Celebrate!**	Rest, Hydrate, Eat fruits and veggies	29-31 running miles 60 minutes Cross Train
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