



CHILLY HALF MARATHON

SUNDAY, MARCH 3, 2024 | BURLINGTON ONTARIO

This training plan is for anyone currently able to run at least 3.5K at a slow pace without stopping who would like to challenge themselves to train for and complete a half marathon event in 8 weeks. This training plan was developed by Coach Mark Sullivan of iRuniCoach.com

HALF MARATHON (21.1K) RUN: 8-WEEK TRAINING PROGRAM | BEGINNER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	STRENGTH TRAINING	UP TO 3K WALK 1.5K RUN UP TO 3K WALK	CROSS-TRAINING UP TO 30 MIN.	UP TO 2K RUN + FLEXIBILITY	REST	UP TO 3K WALK 1.5K EASY RUN UP TO 3K WALK	3 - 3.5K RUN (RELAXED PACE)
2	STRENGTH TRAINING	UP TO 3K WALK UP TO 3K RUN UP TO 3K WALK	CROSS-TRAINING APPROX. 30 MIN.	>/= 3K RUN + FLEXIBILITY	REST	3K WALK UP TO 3K EASY RUN 3K WALK	5 - 6K RUN (COMFORTABLE)
3	STRENGTH TRAINING	3K WALK UP TO 5K RUN 3K WALK	CROSS-TRAINING UP TO 35 MIN.	APPROX. 5K RUN + FLEXIBILITY	REST	3K WALK 3K EASY RUN 3K WALK	APPROX. 8K RUN (RELATIVELY EASY)
4	STRENGTH TRAINING	UP TO 1.5K WALK UP TO 6.5K RUN 1.5K WALK	CROSS-TRAINING APPROX. 35 MIN.	6.5K RUN + FLEXIBILITY	REST	1.5K WALK 4K EASY RUN 1.5K WALK	9 - 10.5K RUN (RELAXED PACE)
5	STRENGTH TRAINING	1.5K WALK 5K RUN 1.5K WALK	CROSS-TRAINING UP TO 40 MIN.	APPROX. 8K RUN + FLEXIBILITY	REST	1.5K WALK 5K EASY RUN 1.5K WALK	12 - 13K RUN (COMFORTABLE)
6	STRENGTH TRAINING	UP TO 3K WALK 5K RUN UP TO 3K WALK	CROSS-TRAINING APPROX. 40 MIN.	7K RUN + FLEXIBILITY	REST	UP TO 3K WALK 5K EASY RUN UP TO 3K WALK	APPROX. 15.5K RUN (RELATIVELY EASY)
7	STRENGTH TRAINING	UP TO 3K WALK 3K RUN UP TO 3K WALK	CROSS-TRAINING UP TO 60 MIN.	2K RUN + FLEXIBILITY	REST	UP TO 3K WALK 3K EASY RUN UP TO 3K WALK	UP TO 18K RUN (RELAXED PACE)
8	STRENGTH TRAINING	1.5K WALK 3K RUN 1.5K WALK	CROSS-TRAINING UP TO 30 MIN.	4K < 5K EASY RUN + FLEXIBILITY	REST & VISUALIZE	UP TO 1K WALK 3 < 3.5K EASY RUN POST-RUN STRETCH	HALF MARATHON 21.1K

STRENGTH TRAINING: This can include traditional weight lifting with free weights or machines, body weight exercises, resistance bands, core training.

CROSS-TRAINING: This would include biking, rowing, elliptical, swimming, walking or hiking, yoga, exercise class, etc.

FLEXIBILITY: This includes static and dynamic stretching and elongation exercises like yoga and pilates.

REST: Rest is an absolutely essential part of any training program. Rest allows the body to recover from workouts and helps to prevent overuse injuries. The body will only make gains and grow stronger when adequate post-workout rest is part of the routine.

Remember: The purpose of this program is to help you safely reach your race goal by providing a structured plan for you to follow. No one plan will be perfect for everyone. You may need to adjust distances. Listen to your body and modify the plan accordingly.