

# IN 12 WEEKS YOU CAN... **RUN A HALF-MARATHON!**

**WHY TRY IT** Women voted the half-marathon their favorite of all race distances, according to a 2013 survey by Running USA. The appeal? "A half is more manageable than a full marathon, so it's less intimidating," says John Honerkamp, a coach for New York Road Runners. (But it still has the word *marathon!*)

**WHAT TO EXPECT** You'll hit the pavement four days a week, but this plan, designed for runners who already log about 10 to 15 miles a week, alternates between harder and easier weekly workouts so your body can adjust to the increasing mileage. "Focus on your effort rather than your time," Honerkamp says.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Cross-train	Tempo run 3 miles	Rest	AYF 3 miles	Rest	Easy run 3 miles	Long run 4 miles
2	Cross-train	Tempo run 3 miles	Rest	AYF 4 miles	Rest	Easy run 3 miles	Long run 5 miles
3	Cross-train	Fartlek/ intervals 4 miles	Rest	Hills 4 miles	Rest	Easy run 4 miles	Long run 6 miles
4	Cross-train	Fartlek/ intervals 4 miles	Rest	AYF 4 miles	Rest	Easy run 4 miles	Long run 7 miles
5	Cross-train	Tempo run 5 miles	Rest	Hills 3 miles	Rest	Easy run 3 miles	Long run 8 miles
6	Cross-train	Fartlek/ intervals 6 miles	Rest	AYF 4 miles	Rest	Easy run 5 miles	Long run 9 miles
7	Cross-train	Fartlek/ intervals 6 miles	Rest	Hills 5 miles	Rest	Easy run 5 miles	Long run 8 miles
8	Cross-train	Tempo run 6 miles	Rest	AYF 5 miles	Rest	Easy run 4 miles	Long run 10 miles
9	Cross-train	Fartlek/ intervals 6 miles	Rest	Hills 5 miles	Rest	Easy run 3 miles	Long run 8 miles
10	Cross-train	Fartlek/ intervals 6 miles	Rest	Hills 6 miles	Rest	Easy run 4 miles	Long run 11 miles
11	Cross-train	Tempo run 6 miles	Rest	AYF 5 miles	Rest	Easy run 4 miles	Long run 7 miles
12	Cross-train	Tempo run 4 miles	Rest	Easy run 4 miles	Rest	Easy run 3 miles	Race day!

**As you feel (AYF)** For these runs, leave your watch behind and run for the fun of it, not because you're training. Go as fast—or as slow—as you like.  
**Cross-train** Do a light cardio workout of your choice for 15 minutes, followed by a strength-training routine.

**Easy run** Go at an RPE\* of 5 to 6.  
**Fartlek/Intervals** Alternate between faster running and recovery walk/jogs. For a fartlek, use a variety of distances (for example, a half mile at a hard pace and a quarter mile at an easy one). For intervals, use a

specific time (for example, 2-minute sprints at an RPE of 8 with 2 minutes of recovery at an RPE of 3). Use a mix of these speeds throughout the plan.  
**Hills** Find a moderate-to-steep hill to run or set your treadmill to an incline of 2 percent or higher and do six to eight

one-minute pick-ups followed by an easy jog.  
**Long run** This is an easy run for a longer distance at an RPE of 5 to 6 (where speech is conversational).  
**Tempo run** Do this slightly slower than your 10K race pace or at an RPE of about 7 to 8.

\*RPE (rate of perceived exertion) is measured on a scale of 1 to 10, where 1 is easy walking and 10 is an all-out sprint.