



RUN *Coach* **JAMIE**

13.1 PLAN

RUN DISNEY



Half Marathon										
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday		Total
Week 1										
	2		2			2				6 miles
	3		3			3				9KM
	25		25	15		25				90 min
Week 2										
	2		2			3				7 miles
	3		3			5				11KM
	25		25	15		35				100 min
Week 3										
	2		2			4				8 miles
	3		3			6.5				12.5 KM
	25		25	15		45-50				110-115 min
Week 4										
	2		1			3				6 miles
	3		1.5			5				9.5 KM
cutback	25		15	10		35-40				85-90 min
Week 5										
	3		2			4				9 miles
	5		3			6.5				14.5 KM
	35		25	15		45-55				130-140 min
Week 6										
	3		3			5				11 miles
	5		5			8				18KM
	35		35	15		55-65				140-150 min
Week 7										
	3		3			6				12 miles
	5		5			9.5				19.5 KM
	35		35	15		60-70				145-155 min
Week 8										
	2		2			5				9 miles
	3		3			8				14KM
cutback	25		25	15		50-60				115-125 min
Week 9										
	3		3			6				12 miles
	5		5			9.5				19.5 KM
	35		35	15		60-75				145-160 min
Week 10										
	4		3			7				14 miles
	6.5		5			11				22.5 KM
	45		35	15		70-85				165-180 min
Week 11										
	4		4			8				16 miles
	6.5		6.5			12.5				25.5 KM
	45		45	20		80-95				190-205 min
Week 12										
	3		3			7				13 miles
	5		5			11				21KM
cutback	35		35	20		70-85				155-170 min
Week 13										
	4		4			9				17 miles
	6.5		6.5			14.5				27.5 KM
	45		45	20		90-100				200-210 min
Week 14										
	4		4			10				18 miles
	6.5		6.5			16				29KM
	45		45	20		100-115				210-225 min
Week 15										
	4		4			11				19 miles
	6.5		6.5			17				30KM
	45		45	20		110-125				220-235 min
Week 16										
	3		4			10				17 miles
	5		6.5			16				27.5 KM
cutback/taper	35		45	20		100-115				200-215 min
Week 17										
						13.1				13.1 miles
						21				21KM
race week	25		20		15					60 min
										0 miles
										0min

Weekly Runs

Monday Runs

Strides

During the last 10-15 min of your run, run at a quicker pace for 20 seconds

return to your conversational pace for 40 seconds

repeat drill 5- 6X

finish run in a conversational pace until you reach goal distance

Wednesday Runs

Speedwork

Each week you will have the opportunity to try out different runs to help increase speed

This is an option- feel free to swap this for a conversational paced run

Thursday Runs

Recovery runs OR Recovery Walk

These should be the slowest runs/walks of the week. These runs or walks will always be timed based throughout this training cycle

Saturday Runs

Long Slow Run

Run:walk intervals permitted on all runs

Monday-

Strides

2 miles /3 km/ 25 min

Wednesday-

Progression run

2 mi/ 3 km/ 25 min

Warm up 5 min walk

Gradually increase speed every 3 min until you reach goal
distance/time

Thursday

Recovery Run/ Walk

15 min

Saturday-

Long Slow Run

2 mi/3 km / 25 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 min

Wednesday-

Speed Interval Run

2 mi/ 3 km/ 25 min

Warm up 10 min walk/run

Run at a challenging pace for 20 seconds

Walk for 40 seconds

Repeat 5-8X

Finish run in a conversational pace until you reach goal distance/time

Thursday

Recovery Run/ Walk

15 min

Saturday-

Long Slow Run

3 mi/5 km / 35 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 min

Wednesday-

Speed Interval Run

2 mi/ 3 km/ 25 min

Warm up 10 min walk/run

Run at a challenging pace for 30 seconds

Walk for 30 seconds

Repeat 5-7X

Finish run in a conversational pace until you reach goal distance/time

Thursday

Recovery Run/ Walk

15 min

Saturday-

Long Slow Run

4 mi/6.5 km / 45-50 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 min

Wednesday-

Speed Interval Run

1 mi/ 1.5 km/ 15 min

Warm up 5 min walk/run

Run at a challenging pace for 15 seconds

Walk for 15 seconds

Repeat 5-12X

Finish run in a conversational pace until you reach goal distance/time

Thursday

Recovery Run/ Walk

10 min

Saturday-

Long Slow Run

3 mi/5 km / 35-40 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Wednesday-

Timed Mile or KM

2 mi/ 3 km/ 25 min

Warm up 10 min easy run

Run a mile or 1.5 km at your best effort of the day. Or run as fast as you can for 15 min, track your distance.

Finish run in a conversational pace until you reach goal distance/time

Thursday

Recovery Run/ Walk

15 min

Saturday-

Long Slow Run

4 mi/6.5 km / 45-55 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Wednesday-

Progression Run

3 mi/ 5 km/ 35 min

Warm up 10 min easy run
Gradually increase speed every 4 min
until you reach goal distance/time

Thursday

Recovery Run/ Walk

15 min

Saturday-

Long Slow Run

5 mi/8 km / 55-65 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Wednesday-

Hill Repeats

3 mi/ 5 km/ 35 min

Warm up 10 min easy run, find a hill

Run uphill for 30-45 seconds

Recover and walk down

Repeat 5-10X

Finish run in a conversational pace until you reach goal distance.

Thursday

Recovery Run/ Walk

15 min

Saturday-

Long Slow Run

6 mi/ 9.5 km /60-70 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 min

Wednesday-

Speed Interval Run

2 mi/ 3 km/ 25 min

Warm up 10 min easy run

Run at challenging pace for 45 seconds

Easy run/walk 45 seconds

Repeat 4-8X

Finish run in a conversational pace until you reach goal distance/time

Thursday

Recovery Run/ Walk

15 min

Saturday-

Long Slow Run

5 mi/8 km / 50-60 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Wednesday-

Timed mile/km

3 mi/ 5 km/ 35 min

Warm up 10 min easy run

Run a mile or 1.5 km at your best effort of the day OR run as fast as you can for 15 min, track your progress.

Finish run in a conversational pace until you reach goal distance/time.

Celebrate your strong progress and growth

*If you are running outside, try to use same course as your previous benchmark run

Thursday

Recovery Run/ Walk

15 min

Saturday-

Long Slow Run

6 mi/9.5 km / 60-75 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Wednesday-

Tempo Run

3 mi/ 5 km/ 35 min

Warm up 10 min easy run

Run 20-25 min at your goal race pace- this is a great opportunity to practice race day intervals, breathing, positive mindset- YOU GOT THIS!!!

Finish run in a conversational pace until you reach goal distance/time

Thursday

Recovery Run/ Walk

15 min

Saturday-

Long Slow Run

7 mi/11 km / 70-85 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Wednesday-

Speed Interval Run

4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run

Run at a challenging pace for 2 min

Rest/easy run for 30 seconds

Repeat 4-6 X

Finish in a conversational pace until you reach goal distance/time

Thursday

Recovery Run/ Walk

20 min

Saturday-

Long Slow Run

8 mi/12.5 km / 80-95 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Wednesday-

Speed Interval Run

3 mi/ 5 km/ 35 min

Warm up 10 min easy run

Run at a challenging pace for 2 min

Run at max effort for 30 seconds

Rest/easy run for 30 seconds

Repeat 4-5 X

Finish in a conversational pace until you reach goal distance/time

Thursday

Recovery Run/ Walk

20 min

Saturday-

Long Slow Run

7 mi/11 km / 70-85 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Wednesday-

Timed mile/km

4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run

run a mile or 1.5 km at your best effort of the day OR run as fast as you can for 15 min, track your progress.

Finish run in a conversational pace until you reach goal distance/time.

Celebrate your strong progress and growth

*If you are running outside, try to use same course as your previous benchmark run

Thursday

Recovery Run/ Walk

20 min

Saturday-

Long Slow Run

9 mi/14.5 km / 90-100 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Wednesday-

Tempo Pacing

4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run

Run 25-30 min at your goal race pace- this is a great opportunity to practice race day intervals, breathing, positive mindset- YOU GOT THIS!!!

Finish run in a conversational pace until you reach goal distance/time

How do your efforts compare to the last time you completed this tempo run?

Thursday

Recovery Run/ Walk

20 min

Saturday-

Long Slow Run

10 mi/16 km /100- 115min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Wednesday-

Hill Repeats

4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run, find a hill

Run uphill for 30-45 seconds

Recover and walk down

Repeat 5-10X

Finish run in a conversational pace until you reach goal distance.

Thursday

Recovery Run/ Walk

20 min

Saturday-

Long Slow Run

11 mi/17 km /110- 125min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Wednesday-

Progression Run Repeats

4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run

Gradually increase speed every 2 min 5X

recover for up to 2 min

repeat 2-3X

Finish run in a conversational pace until you reach goal distance.

Thursday

Recovery Run/ Walk

20 min

Saturday-

Long Slow Run

10 mi/16 km /100- 115min

Practice talk test

Monday-

25 min easy, fun,
conversational pace- this week
is all about celebrating your
hard work!!!

Wednesday-

20 min easy, fun,
conversational pace

Friday

pre race shakeout- tomorrow's the
exciting day :)

Saturday

HAVE FUN!!!!!!
Congratulations!!!!!!!!!!

What's next?

Recover

No speedwork for two weeks

Walking, recovery runs, low impact exercises and rest are all great!

Repeat the program

Use this as a guide and see how the efforts feel repeating this program.

Get a personalized Plan

Check out other plans or get your own personalized plan

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