



# ENERGY HALF MARATHON TRAINING PLAN

**HERE IS A HALF MARATHON TRAINING PLAN DESIGNED FOR WOMEN. THIS PLAN IS NOT ONE-SIZE-FIT-ALL. IT IS ADAPTABLE TO YOUR DAILY SCHEDULE, WHETHER IT IS PACKED OR NOT - SO YOU CAN OWN YOUR ENERGY BETTER DURING TRAINING.**



# ENERGY HALF MARATHON TRAINING PLAN

## WHAT

The goal of this half marathon plan is to get you to the starting line of any half marathon race feeling confident and ready to run. To make use of this training plan, which contains four workouts per week, you should already be comfortable with running a 10km distance and should commit to at least two of the run workouts each week (including the long run). As the training plan builds in intensity, there'll always be a workout option to suit your schedule. And if you're looking for a race to train towards, sign up to our virtual half marathon – in the box at the bottom of the page.

## WHY

Taking a personalized approach means that you'll train in a way that suits your schedule. You'll only do as much as you choose to. Pick from a selection of light, moderate, and high intensity workouts. This plan has it all covered.

## HOW

Each day you'll choose the intensity of your workout from 1 to 10 so the plan can present you with either a lighter or more intense workout option. There are four workouts a week in total, offering a balance of strength and drills to improve your technique, fitness, and to lower the risk of injury, plus a long run to build endurance. Watch an introduction to the training plan [HERE](#)

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IF YOU WANT TO DO SOME OF YOUR WORKOUTS WITH OTHER LIKE-MINDED RUNNERS, CONNECT WITH THE ADIDAS RUNNERS COMMUNITY [HERE](#)



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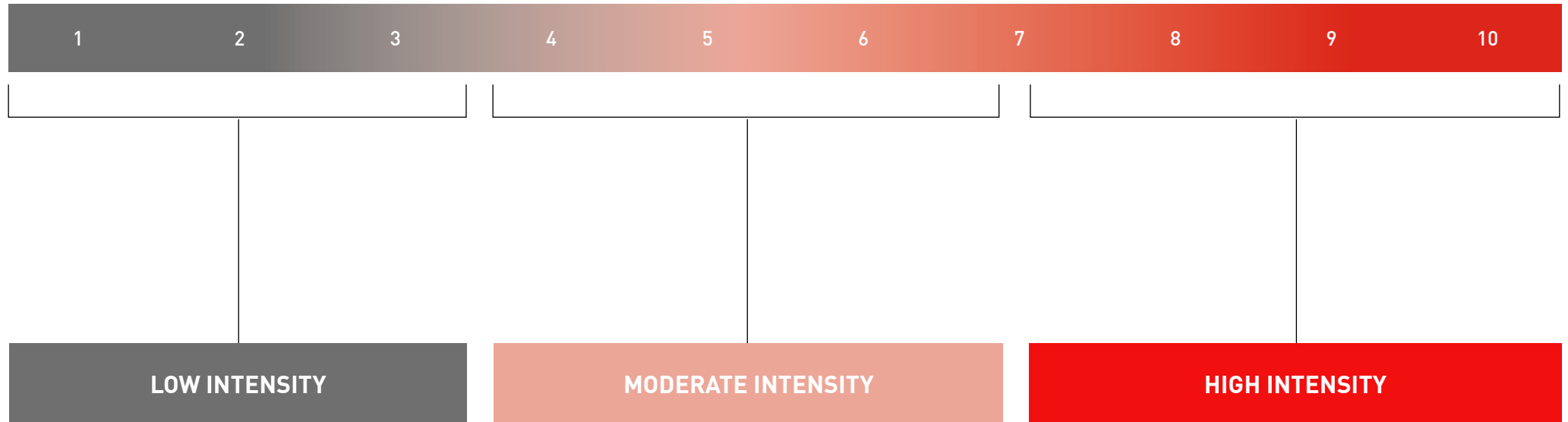




# ENERGY HALF MARATHON TRAINING PLAN

As the plan builds in intensity over the next 11 weeks, there'll always be a workout option to suit your schedule. Each day you'll be asked to choose the intensity of your workout from 1 to 10 to match your needs.

## CHOOSE THE INTENSITY OF YOUR WORKOUT



This plan is for those who can comfortably run a 10km distance. The goal is to get you to the starting line feeling confident and ready to run. You'll need to commit to at least two of the workouts each week and make sure one of them is the long run. Workouts will include drills to improve your form, technique, fitness and lower the risk of injury.

The information provided in this training plan is for guidance purposes only, and does not substitute for professional medical advice. You should always consult a medical professional or healthcare provider if you're seeking medical advice.

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# ENERGY HALF MARATHON TRAINING PLAN

## WEEK\_01

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b> 40 MINS EASY RUN + 40 MINS + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT <a href="#">HERE</a>	R E S T	1 HR CROSS TRAINING	<b>FARTLEK WORKOUT</b> 10 MINS WARM UP + DRILLS 30 MINS HILLY FARTLEK (ALTERNATE: 10 X 1 MIN. FAST + 1 MIN EASY + 10X 30 SECS FAST / 30 SECS EASY) WATCH DRILLS WORKOUT <a href="#">HERE</a>	R E S T	<b>LONG RUN+</b> 12KM RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT <a href="#">HERE</a>
	<b>MODERATE INTENSITY</b> ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	<b>40 MINS EASY RUN+</b> 40 MINS EASY RUN AT PACE 5/10 IF YOU FEEL LIKE IT, INCLUDE 10 X 30 SECS FASTER / 1.5 MINS EASIER FOR THE LAST 20 MINS		<b>LONG RUN</b> 40 MINS RUN AT AN EASY PACE  TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE.
	<b>LOW INTENSITY</b>		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			
	<b>NOTES</b> Never underestimate the value of strength training when it comes to reaching your running goals. One strength training workout a week can help prevent injuries. It will also help you to maintain your speed, endurance, and running form in the later stages of a race.		Cross training is any activity that gets your heart rate up without heavy impact. Activities include cycling, swimming, roller skating, power walking, using the cross trainer, or rowing machine. Cross training is ideal for active recovery after a running workout and building your endurance without overloading your bones, joints, and muscles. Choose an activity you enjoy and mix it up!	Fartlek is a method of training designed to improve your fitness, pacing, speed and (especially with hilly fartleks) your strength and endurance – and it's meant to be fun. The idea is to change your pace during a continuous run. You can do this at random, simply by increasing or reducing your speed, at various points; or you can structure the intervals by distance or time. If there are no hills, change your pace every few minutes.  Drills improve your running technique by working on coordination, tendon stiffness, and the time your feet spend in contact with the ground. They should be done during a technical running workout, or in preparation for tempo and fartlek workouts. You'll need a 20-30 meter stretch for each drill. Make sure you warm up for at least 15-20 minutes before you start and take a short walking break after each one.		Your core includes your back, abdominal, and pelvic muscles. Keeping it strong is so important for your stability and your running form – especially in the later stages of your run when you're tired. At least one core workout a week is essential.

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# ENERGY HALF MARATHON TRAINING PLAN

## WEEK\_02

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b> 40 MINS EASY RUN + 40 MINS + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT <a href="#">HERE</a>	R E S T	1 HR CROSS TRAINING	<b>TECHNICAL RUNNING WORKOUT</b> 30 MINS WARM UP RUN + DRILLS + 10 X 100M STRIDES WATCH DRILLS WORKOUT <a href="#">HERE</a>	R E S T	<b>LONG RUN+</b> 14KM RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT <a href="#">HERE</a>
	<b>MODERATE INTENSITY</b> ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	<b>30-40 MINS EASY RUN+</b> 30-40 MINS EASY RUN AT RECOVERY PACE (< 5/10) + 5 X 100M STRIDES + MOBILITY WORK OR YOGA  IF YOU DON'T FEEL LIKE RUNNING, TRY 30 MINS OF CROSS TRAINING INSTEAD.		<b>LONG RUN</b> 10K RUN AT AN EASY PACE  TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE.
	<b>LOW INTENSITY</b>		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			
	<b>NOTES</b>			Strides are designed to improve your running form and speed. The idea is to lengthen your stride while maintaining your cadence (the speed at which your feet turnover). Strides are normally best done after an easy or technical running workout, or to prepare your body ahead of tempo work. You'll need a 100 meter stretch of road, track, or other evenysurfaced ground. Start with a casual running pace and then every couple of meters, increase your speed gradually by lengthening your stride until you're almost sprinting.		

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# ENERGY HALF MARATHON TRAINING PLAN

## WEEK\_03

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b> 30 MINS EASY RUN+ 30 MINS EASY RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT <a href="#">HERE</a>	R E S T	1 HR CROSS TRAINING	<b>HILL RUNS</b> 10 MINS WARM UP + DRILLS 10 X 30 SECS UP A SMOOTH HILL + REST ON THE JOG BACK DOWN. (ALTERNATIVE ON TREADMILL: 45 SECS ON AN INCLINE, THEN STEP TO THE SIDE OF THE TREADMILL FOR 30 SECS REST) WATCH DRILLS WORKOUT <a href="#">HERE</a>	R E S T	<b>TEMPO RUN</b> 10 MINS WARM UP + DRILLS 2KM AT PACE 6/10 2KM AT PACE 7/10 1KM AT PACE 8/10 WATCH DRILLS WORKOUT <a href="#">HERE</a>
	<b>MODERATE INTENSITY</b> ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	<b>40 MINS RUN+</b> 40 MINS RUN AT EASY PACE (5/10) + 6 X 100M STRIDES UP A SMOOTH INCLINE  IF YOU FEEL LIKE IT, INCLUDE 10 X 30 SECS FASTER / 1.5 MINS EASIER FOR THE LAST 20 MINS OF YOUR RUN (BEFORE YOU DO THE STRIDES).		<b>30 MINS EASY RUN OR 45 MINS CROSS TRAINING</b> IF YOU FEEL LIKE IT, INCREASE YOUR PACE CONTINUOUSLY FOR THE LAST 10 MINS OF YOUR RUN TO FINISH STRONG. FOR CROSS TRAINING, INCREASE THE EFFORT FOR THE LAST 10 MINS.
	<b>LOW INTENSITY</b>		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			
	<b>NOTES</b>			Hill runs improve your strength, endurance, and your running technique. They're best done on a smooth and gradual incline – not a steep hill. If you don't live in a hilly area, bridges over rivers are a good alternative. Otherwise, use a treadmill and adjust the incline.		The tempo run is meant to build you confidence and give you a feel for faster paces. Use the first 2km to settle into a fast but controlled pace and push yourself a little harder in the last 1km.

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# ENERGY HALF MARATHON TRAINING PLAN

## WEEK\_04

	MON	TUE	WED	THU	FRI	SAT OR SUN	
CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b>	1 HR CROSS TRAINING	R E S T	<b>40 MINS EASY RUN+</b> 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT <a href="#">HERE</a>	<b>TECHNICAL RUNNING WORKOUT</b> 30 MINS WARM UP RUN + DRILLS + 10 X 100M STRIDES WATCH DRILLS WORKOUT <a href="#">HERE</a>	R E S T	<b>LONG RUN+</b> 14KM RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT <a href="#">HERE</a>
	<b>MODERATE INTENSITY</b>	30 MINS CROSS TRAINING		ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.	<b>30-40 MINS EASY RUNNING+</b> 30-40 MINS EASY RUN AT PACE 5/10 + 5 X 100M STRIDES + MOBILITY WORK OR YOGA  IF YOU DON'T FEEL LIKE RUNNING, TRY 30 MINS OF CROSS TRAINING INSTEAD.		<b>LONG RUN</b> 40 MINS RUN AT AN EASY PACE  TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE.
	<b>LOW INTENSITY</b>			TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			

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# ENERGY HALF MARATHON TRAINING PLAN

## WEEK\_05

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b> 40 MINS EASY RUN+ 40 MINS EASY RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT <a href="#">HERE</a>	R E S T	1 HR CROSS TRAINING	<b>FARTLEK WORKOUT</b> 10 MINS WARM UP + DRILLS 50 MINS HILLY FARTLEK (ALTERNATE: 10 X 2 MINS FAST / 1 MIN EASY+ 5 X 1 MIN FAST/ 1 MIN EASY + 10 X 30 SECS FAST / 30 SECS EASY) WATCH DRILLS WORKOUT <a href="#">HERE</a>	R E S T	<b>LONG RUN+</b> 16KM RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT <a href="#">HERE</a>
	<b>MODERATE INTENSITY</b> ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	<b>FARTLEK WORKOUT</b> IF YOU FEEL LIKE IT, INCLUDE 10 X 1 MIN FASTER / 1.5 MINS EASIER FOR THE LAST 25 MINS.		<b>LONG RUN</b> 10-12KM RUN AT AN EASY PACE  TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE.
	<b>LOW INTENSITY</b>		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			

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# ENERGY HALF MARATHON TRAINING PLAN

## WEEK 06

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b> 40 MINS EASY RUN+ 40 MINS EASY RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT <a href="#">HERE</a>	R E S T	1 HR CROSS TRAINING	<b>TECHNICAL RUNNING WORKOUT</b> 30 MINS WARM UP RUN + DRILLS + 10 X 100M STRIDES WATCH DRILLS WORKOUT <a href="#">HERE</a>	R E S T	<b>LONG RUN+</b> 16KM RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT <a href="#">HERE</a>
	<b>MODERATE INTENSITY</b> ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	<b>30-40 MINS EASY RUNNING+</b> 30-40 MINS EASY RUN AT RECOVERY PACE (< 5/10) + 5 X 100M STRIDES + MOBILITY WORK OR YOGA  IF YOU DON'T FEEL LIKE RUNNING, TRY 30 MINS OF CROSS TRAINING INSTEAD.		<b>LONG RUN</b> 40 MINS RUN AT AN EASY PACE  TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE.
	<b>LOW INTENSITY</b>		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			
	<b>NOTES</b>			Try to focus on your running form during these workouts.		

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# ENERGY HALF MARATHON TRAINING PLAN

## WEEK\_07

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b> 40 MINS EASY RUN+ 40 MINS EASY RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT <a href="#">HERE</a>	R E S T	1 HR CROSS TRAINING	<b>HILL RUNS+</b> 10 MINS WARM UP + DRILLS 10 X 60 SECS UP A SMOOTH HILL + REST ON THE JOG BACK DOWN (ALTERNATIVE ON TREADMILL: 45 SECS ON AN INCLINE, THEN STEP OFF THE TREADMILL FOR 30 SECS REST) WATCH DRILLS WORKOUT <a href="#">HERE</a>	R E S T	<b>TEMPO RUN+</b> 10 MINS WARM UP + DRILLS 3KM PACE 6/10 2KM @PACE 7/10 1KM @PACE 8/10 WATCH DRILLS WORKOUT <a href="#">HERE</a>
	<b>MODERATE INTENSITY</b> ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	<b>PROGRESSIVE RUN+</b> 50 MINS PROGRESSIVE RUN STARTING AT AN EASY PACE (5/10) AND PROGRESSING TO 7/10 TOWARDS THE END + 10 X 100M STRIDES UP A SMOOTH INCLINE		<b>30 MINS EASY RUN OR 45 MINS CROSS TRAINING</b> IF YOU FEEL LIKE IT, INCREASE YOUR PACE CONTINUOUSLY FOR THE LAST 10 MINS OF YOUR RUN TO FINISH STRONG. FOR CROSS TRAINING, INCREASE THE EFFORT FOR THE LAST 10 MINS.
	<b>LOW INTENSITY</b>		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			

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# ENERGY HALF MARATHON TRAINING PLAN

## WEEK 08

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b> 1 HR CROSS TRAINING+ 1 HR CROSS TRAINING + 30 MINS CORE WORKOUT WATCH CORE WORKOUT <a href="#">HERE</a>	R E S T	<b>50 MINS EASY RUN+</b> 50 MINS EASY RUN + 30 MINS DYNAMIC STRETCHING WATCH DYNAMIC WORKOUT <a href="#">HERE</a>	<b>TECHNICAL RUNNING WORKOUT</b> 30 MINS WARM UP RUN + DRILLS + 10 X 100M STRIDES WATCH DRILLS WORKOUT <a href="#">HERE</a>	R E S T	<b>LONG RUN+</b> 18KM RUN + 30 MIN CORE WORKOUT WATCH CORE WORKOUT <a href="#">HERE</a>
	<b>MODERATE INTENSITY</b> 30 MINS CROSS TRAINING		ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU.	<b>30-40 MINS EASY RUN+</b> 30-40 MINS EASY RUN AT RECOVERY PACE (< 5/10) + 5 X 100M STRIDES + MOBILITY WORK OR YOGA.  IF YOU DON'T FEEL LIKE RUNNING, TRY 30 MINS OF CROSS TRAINING INSTEAD.		<b>LONG RUN</b> 10-12KM RUN AT AN EASY PACE  TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE.
	<b>LOW INTENSITY</b>		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			

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# ENERGY HALF MARATHON TRAINING PLAN

## WEEK 09

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b> 50 MINS EASY RUN+ 50 MINS RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT <a href="#">HERE</a>	R E S T	1 HR CROSS TRAINING	<b>FARTLEK WORKOUT</b> 10 MINS WARM UP + DRILLS 5 X 5 MINS RUN AT PACE 7/10 + 3 X 2 MIN SRUN AT PACE 8/10 + 3 X 1 SEC RUN AT PACE 9/10 (EACH RECOVERY: 2 MINS JOG) WATCH DRILLS WORKOUT <a href="#">HERE</a>	R E S T	<b>LONG RUN+</b> 18KM RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT <a href="#">HERE</a>
	<b>MODERATE INTENSITY</b> ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	<b>LIGHTER FARTLEK WORKOUT</b> 10 MINS WARM UP + DRILLS 2 X 5 MINS RUN AT PACE 7/10 + 6 X 1 MIN RUN AT PACE 8/10 (EACH RECOVERY: 2 MINS JOG)		<b>LONG RUN</b> 10-12KM RUN AT AN EASY PACE  TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE.
	<b>LOW INTENSITY</b>		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			

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# ENERGY HALF MARATHON TRAINING PLAN

## WEEK 10

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b> 50 MINS EASY RUN+ 50 MINS EASY RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT <a href="#">HERE</a>	R E S T	1 HR CROSS TRAINING	<b>FARTLEK WORKOUT</b> 10 MINS WARM UP + DRILLS 2 X 6 MINS RUN AT PACE 6/10 + 4 X 4 MIN SRUN AT PACE 7/10 + 5 X 1 MIN RUN AT PACE 8/10 + 5 X 30 SECS RUN AT PACE 9/10 (EACH RECOVERY: 2 MINS JOG) WATCH DRILLS WORKOUT <a href="#">HERE</a>	R E S T	1 HR CROSS TRAINING
	<b>MODERATE INTENSITY</b> ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	<b>LIGHTER FARTLEK WORKOUT</b> 10 MINS WARM UP + DRILLS 1 X 6 MINS RUN @PACE 6/10 + 2 X 4 MINS RUN @PACE 7/10 + 5 X 1 MIN RUN @PACE 7/10 + 5 X 30 SECS RUN @PACE 8/10 (EACH RECOVERY: 2 MINS JOG) WATCH DRILLS WORKOUT <a href="#">HERE</a>		30 MINS CROSS TRAINING
	<b>LOW INTENSITY</b>		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			

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# ENERGY HALF MARATHON TRAINING PLAN

## WEEK 11

	MON	TUE	WED	THU	FRI	SAT
CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b> 30 MINS CROSS TRAINING+ 30 MINS CROSS TRAINING + 30 MINS CORE WORKOUT WATCH CORE WORKOUT <a href="#">HERE</a>	R E S T	<b>FARTLEK WORKOUT</b> 10 MINS WARM UP + DRILLS 10 X 2.5 MINS AT PACE 7/10 WITH 2 MINS WALKING BREAK + 10 MINS COOL-DOWN JOG WATCH DRILLS WORKOUT <a href="#">HERE</a>	<b>30 MINS EASY RUN+</b> 30 MINS EASY RUN + 30 MINS DYNAMIC STRETCHING WATCH DYNAMIC STRETCHING <a href="#">HERE</a>	R E S T	<b>WARM UP+</b> 20 MINS WARM UP JOG + DRILLS + 5 X 100M STRIDES WATCH DRILLS WORKOUT <a href="#">HERE</a>
	<b>MODERATE INTENSITY</b> 30 MINS CROSS TRAINING		<b>PROGRESSIVE RUN</b> 50 MINS PROGRESSIVE RUN STARTING AT AN EASY PACE (5/10) AND PROGRESSING TO 7/10 TOWARDS THE END + 10 X 100M STRIDES  OR A LIGHTER OPTION: 40 MINS EASY RUN + 6 X 100M STRIDES WITH A WALKING BREAK BACK TO THE START.	<b>WALK OR REST</b> IF YOU FEEL LIKE YOU NEED MORE REST TODAY, DON'T FORCE YOURSELF TO TRAIN. IF YOU WANT TO GET OUTSIDE, GO FOR A WALK. THIS IS RACE WEEK SO ANY EXTRA REST IS HELPFUL.		
	<b>LOW INTENSITY</b>		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			
	<b>NOTES</b>		If you don't feel like a fast workout today, don't worry, it's not going to make or break your race at this stage.			

## RACE WEEK

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# ENERGY HALF MARATHON TRAINING

## SUNDAY RACE DAY

CHOOSE WORKOUT INTENSITY	<b>HIGH INTENSITY</b>	<b>HALF MARATHON RACE</b>	
	<b>MODERATE INTENSITY</b>	ADJUST YOUR EXPECTATIONS SLIGHTLY AND GO EASY ON YOURSELF. START SLOWER AND AIM FOR A PROGRESSIVE RUN. IT'S VERY NORMAL TO FEEL A BIT SHAKY JUST BEFORE YOU START A RACE. BUT ONCE YOU GET GOING, AND RELAX INTO YOUR PACE, YOU'LL FIND YOUR RHYTHM AND HOPEFULLY START TO ENJOY IT!	
	<b>LOW INTENSITY</b>	REST. YOU CAN RACE ANOTHER DAY. AS SOON AS YOU HAVE ANOTHER CHANCE, REASSESS AND RUN THE HALF MARATHON WHEN YOU'RE READY.	

## RACE WEEK

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# KEEP TRACK OF YOUR WORKOUT DAYS

You are the owner of your training plan, so use the table below to note down which workout you do on each day to keep track of your progress. Remember you'll need to commit to at least two of the workouts each week and make sure one of them is the long run.

	M	T	W	T	F	S	S
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							

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IF YOU WANT TO DO SOME OF YOUR WORKOUTS WITH OTHER LIKE-MINDED RUNNERS, CONNECT WITH THE ADIDAS RUNNERS COMMUNITY [HERE](#)







# THE GLOSSARY

CHECK OUT THE NOTES SECTION OF THE TRAINING PLAN FOR A MORE DETAILED EXPLANATION OF EACH WORKOUT.

## DRILLS

Drills improve your running technique by working on coordination, tendon stiffness and the time your feet spend in contact with the ground. They should be done during a technical running workout, or in preparation for tempo and fartlek workouts. You'll need a 20-30 meter stretch for each drill. Make sure you warm up for at least 15-20 minutes before you start and take a short walking break after each one.

## CORE WORKOUTS

Your core includes your back, abdominal, and pelvic muscles. Keeping it strong is so important for your stability and your running form – especially in the later stages of your run when you're tired. At least one core workout a week is essential. You can find lots of great strength and core workouts in the adidas training app [HERE](#)

## CROSS TRAINING

Cross training is any activity that gets your heart rate up without heavy impact. Activities include cycling, swimming, roller skating, power walking, using the cross trainer, or rowing machine. Cross training is ideal for active recovery after a running workout and building your endurance without overloading your bones, joints, and muscles. Choose an activity you enjoy and mix it up!

## FARTLEK

Fartlek is a method of training designed to improve your fitness, pacing, speed and (especially with hilly fartleks) your strength and endurance – and it's meant to be fun. The idea is to change your pace during a continuous run. You can do this at random, simply by increasing or reducing your speed at various points; or you can structure the intervals by distance or time. You can find both options in your training plan. So play around, mix it up and have fun with it!

## STRENGTH WORKOUTS

Never underestimate the value of strength training when it comes to reaching your running goals. One strength training workout a week can help prevent injuries. It will also help you to maintain your speed, endurance, and running form – in the later stages of a race.

## PACE 1-10

To help you judge your own level of effort, our training plan uses a pace scale of 1-10. You can think of level 1 as your resting effort (such as relaxing on the sofa), level 4-5 as your casual running pace and level 10 as your all-out fastest pace. For easy runs and long runs you should aim for a 4-5. For tempo workouts and fartleks aim for a 6-8 – and maybe even a 9 in the last minute if you're feeling up for it.

## STRIDES

Strides are designed to improve your running form and speed. The idea is to lengthen your stride while maintaining your cadence (the speed at which your feet turnover). Strides are best done after an easy or technical running workout, or to prepare your body ahead of tempo work. You'll need a 100 meter stretch of road, track, or other evenly surfaced ground. Start with an easy running pace and then every couple of meters, increase your speed gradually by lengthening your stride until you're almost sprinting.

## HILL RUNS

Hill runs improve your strength, endurance, technique, and speed. During hill runs you should aim for an effort level of no more than 7-8. Hill runs are best done on a smooth and gradual incline – not a steep hill. If you don't live in a hilly area, bridges over rivers often have just the right amount of incline. The hill you choose should enable you to run up it while keeping good running form.

## LONG RUN

Your long run is, as the name suggests, the most distance you'll cover each week. It should be done at your usual running pace or slower; start out at an easy pace and, if you feel like it, build your speed when you're around 75% of the way through. During long runs, you should never feel so out of breath that you can't speak in full sentences comfortably.

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