

TAPER PHASE

WEEK 12

WARM UP

WORKOUT DESCRIPTION

COOL DOWN

MONDAY

Off day or easy cross training @ 60-65% of max HR (heart rate)

TUESDAY

1-2 miles (2-3km),
5min active stretching

4-6 x 100m sprints @ 80-85% w/ 45-60 seconds rest, 3 minutes rest, 1600 meters @ HM pace, 1200 meters @ 15k pace, 800 meters @ 10k pace, 400 meters @ 5k pace all w/ 400-meter recovery jog in between

1-2 miles (2-3km),
5min stretching

WEDNESDAY

Easy run or cross training @ 60-65% of max HR (heart rate) - 25-40 minutes or off day

THURSDAY

5min active stretching

Moderate pace run @ 70-75% of max HR - 30 minute, Finish w/ 6-8 x 100m sprints @ 85-90% w/ 30-45 seconds rest

Hydrate & refuel
5-10min stretching

FRIDAY

Easy run or cross training @ 60-65% of max HR (heart rate) - 20-30 minutes or off day

SATURDAY

5min active stretching

20-minute easy run @ 60-70% of max HR, 4 x 100m sprints @ 80-85% w/ 45-60 seconds rest

Hydrate & refuel
5-10min stretching

SUNDAY

1 mile (1-2km),
5min active stretching

Half Marathon Race

Hydrate & refuel
5-10min stretching