



FREDERICTON HALF-MARATHON TRAINING PROGRAM

presented by Fredericton Stride Running



Thank you for participating in the official training plans for the Fredericton Marathon race weekend. We are glad you are joining us for our journey to race day! The below plan has been carefully designed by Fredericton Stride Run Club Coaches for intermediate athletes.

If you would like a personal training plan or personal coaching, Fredericton Stride Run Club coaches (Stephen, Donna and Nick) are offering customized plans for a small fee. Plans will be customized to YOU and include: 1-on-1 virtual meetings with your coach, specific workouts, fuelling and strength tips. Please contact [Stephen Andersen](#) with any interest.

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 23 - 29	30 minutes @E	30 mins @E	STRIDE WORKOUT	REST	40mins @E or 40mins x-train	30mins @E	60mins @E
January 30 – February 5	REST	40mins @E	STRIDE WORKOUT	30 mins @E	40mins @E or 40mins x-train	10-15min WU 10x 1minON / 1minOFF 10-15min CD	70mins @E
February 5 - 12	REST	40mins @E	STRIDE WORKOUT	30-45mins @E	40mins @E or 40mins x-train	10-15min WU 6x 3minON / 2minOFF 10-15min CD	75mins @E
February 13 - 19	REST	40mins @E	STRIDE WORKOUT	30-45mins @E	40mins @E or 40mins x-train	10-15min WU 3x 5min @ HME / 2minOFF + 10-15min CD	80-85mins @E

February 20 – 26	REST	40-50 mins @E	STRIDE WORKOUT	40-50mins @E	40mins @E or 40mins x-train	10-15min WU 2x 10mins @ HME 10-15min CD	85-90mins @E
February 27 – March 5	REST	40-50 mins @E	STRIDE WORKOUT	40-50mins @E	50mins @E or 50mins x-train	10-15min WU 5-8x 1K @ HMP / 2minsR 10-15min CD	90-95mins @E
March 5 - 12	REST	40-50 mins @E	STRIDE WORKOUT	40-50mins @E	50mins @E or 50mins x-train	10-15min WU 10-15x 1minON / 1minOFF 10-15min CD	90-95mins @E
March 13 - 19	REST	50-60 mins @E	STRIDE WORKOUT	40-50mins @ E	50mins @E or 50mins x-train	35-40mins @ E	10-15min WU + 5K - 10K Race or Time Trial + 10-15min CD
March 20 - 26	REST	30-40 mins @E	STRIDE WORKOUT	40-60mins @ E	50mins @E or 50mins x-train	10-15min WU 5-6x 1K @10K pace / 2min @R 10-15min CD	100-110 mins @E
March 27 – April 2	REST	50-70 mins @E	STRIDE WORKOUT	50-60mins @ E	50mins @E or 50mins x-train	10-15min WU 2x 40mins @ ME / 5-10mins @ E 10-15min CD	60-70mins @E
April 3 - 9	REST	50-70 mins @E	STRIDE WORKOUT	50-60mins @ E	50mins @E or 50mins x-train	10-15min WU 15x 1minON / 1minOFF 10-15min CD	100-120 mins @E
April 10 - 16	REST	50-70 mins @E	STRIDE WORKOUT	50-60mins @ E	50mins @E or 50mins x-train	10-15min WU 2x 5K @ HMP / 1K @ E 10-15min CD	90-100mins @E
April 17 - 23	REST	50-70 mins @E	STRIDE WORKOUT	50-60mins @ E	50mins @E Or	10-15min WU 6-10x 1K @ HMP / 2min @R	100-110 mins @E

					50mins x-train	10-15min CD	
April 24 - 30	REST	50mins @E	STRIDE WORKOUT	40-50mins @ E	50mins @E or 50mins x-train	10-15min WU 6-8x 5mins @ HMP / 2-3min@E 10-15min CD	70-90mins @E
May 1 - 7	REST	30-40 mins @E	STRIDE WORKOUT	30-45mins @E	40mins @E or 40mins x-train	10-15min WU 4x 5min @ HMP / 3minOFF 10-15min CD	60mins @E
May 8 - 14	REST	30-40 mins @E	STRIDE WORKOUT	30-40mins @E	REST	15-30mins @E	RACE DAY!

LEGEND

E = Easy Running – easy running should be slow enough that you could have a mostly uninterrupted conversation

x-train = Cross Training – do something else that gets your HR up: biking, swimming, elliptical, cross-country skiing

R = Recovery (jogging or standing)

ME = Marathon Effort

MP = Marathon Pace

HMP = Half Marathon Pace

HME = Half Marathon Effort

ON = 5-10K Effort – focus on effort not pace!

OFF = Easy Jog

WU = warm up

CD = cool down

WORKOUT EXPLAINERS

Stride Workout (EVERY WEDNESDAY!)

Join us every Wednesday at 5:30PM at Queen's Square in Fredericton (meet near the pickleball courts) for a FREE group workout run by coaches Stephen, Donna, and Nick. We will be helping athletes of all abilities prepare for the Fredericton Marathon, Half, 10K and 5K.

Can't make the workout? Follow us on Instagram or like us on Facebook to see the workout for each Wednesday leading up to race day.

Saturday, February 4

The session: 10-15min WU + 10x 1minON / 1minOFF + 10-15min CD

Quick explainer: This is an introductory workout. Outside of the warmup and cool down, the session is 20mins long. For the 1minON – you should be running hard, but sustainably – somewhere between 5K and 10K effort.

Saturday, February 11

The session: 10-15min WU + 6x 3minON / 2minOFF + 10-15min CD

Quick explainer: This is a workout which will build on last Saturday. For the 3minON – you should be running hard, but sustainably – somewhere between 10K and Half marathon effort. For the two 2minOFF a walk or slow jog is fine.

Saturday, February 18

The session: 10-15min WU + 3x 5min @ HME / 2minOFF + 10-15min CD

Quick explainer: This is the first time we will dip our toes into half-marathon effort. Again, this is an intro workout. Run 5mins at half-marathon effort, an effort you feel you can sustain for the distance. THIS DOES NOT NEED TO BE GOAL RACE PACE. Take two minutes between the repeats to recover. If, after this, you feel like you can't possibly run a half-marathon – have no fear, you still have a long time to get ready!

Saturday, February 25

The session: 10-15min WU + 2x 10mins @ HME + 10-15min CD

Quick explainer: This is an expansion of last Saturday's session. To repeat: Run 2x10mins at half-marathon effort - an effort you feel you can sustain for a half-marathon. THIS DOES NOT NEED TO BE GOAL RACE PACE.

Saturday, March 5

The session: 10-15min WU + 5-8x 1K @ HMP / 2minsR + 10-15min CD

Quick explainer: This week we are moving from half-marathon effort to half-marathon pace, meaning this should be at the pace we want to run the race at. If you feel good, you can accelerate later into the session!

Saturday, March 11

The session: 10-15min WU + 10-15x 1minON / 1minOFF + 10-15min CD

Quick explainer: Consider this a comparable workout to when we did it in week one of the plan. This time you should feel like you either a) are running faster or b) not working quite as hard to run the same pace. Remember: each interval is not all out, you have a big long run tomorrow!

Saturday, March 18

The session: 35-40mins @ E

Quick explainer: Get ready for a time trial or a race the next day. The goal for this is to get a hard effort in and see where your fitness is at. Based on this, you can adjust what you feel your half marathon pace should be! But remember, we still have a ways to go and lots of gains to be made!

Saturday, March 25

The session: 10-15min WU + 5-6x 1K @10K pace / 2min @R + 10-15min CD

Quick explainer: K repeats are fun! Enjoy! Our goal here is to start making HMP feel easy. So, we are going to be doing more work at 10K pace.

Saturday, April 1

The session: 10-15min WU + 2x 40mins @ ME / 5-10mins @ E + 10-15min CD

Quick explainer: This is one of the longer sessions we will do. This is 2x 40mins at marathon effort. YES, we know you are not running a marathon but this workout allows to get some work in at a pace that is quicker than easy pace and lets you run it for a while.

Saturday, April 8

The session: 10-15min WU + 15x 1minON / 1minOFF + 10-15min CD

Quick explainer: Building on this session after doing in a couple times already. Reminder: This time you should feel like you either a) are running faster or b) not working quite as hard to run the same pace.

Saturday, April 15

The session: 10-15min WU + 2x 5K @ HMP / 1K @ E + 10-15min CD

Quick explainer: Time to dial that HMP in over some distance!

Saturday, April 23

The session: 10-15min WU + 6-10x 1K @ HMP / 2min @R + 10-15min CD

Quick explainer: Back to K repeats this week, a bread-and-butter workout. Start at half marathon pace but don't be afraid to cut down (meaning get faster) as you go through the workout. But remember, at the end you should have enough in the tank to do another one!

Saturday, April 29

The session: 10-15min WU + 6-8x 5mins @ HMP / 2-3min@E + 10-15min CD

Quick explainer: TAPER TIME! We are still working hard, but not gaining fitness anymore. The objective of this workout is to settle into half-marathon pace multiple times. It's still a lot of work, but half-marathon pace should feel like "default" race pace after this workout.

Saturday, May 6

The session: 10-15min WU + 4x 5min @ HMP / 3minOFF + 10-15min CD

Quick explainer: GET THOSE ENGINES FIRED UP. But remember nothing you do between now and race day can really make you fitter BUT there are several things you can do to hurt a good race day. Focus on good hydration, good eating and especially, good sleep.