

LOVE RUN 12 WEEK TRAINING PLAN

The LOVE RUN Training Plan is written as a guide for both beginners and experienced half-marathoners. If you are looking to set a personal record (PR), feel free to add a few miles to the easy runs. If you are a beginner it's fine to alternate your rest day or cross training day. Modifications can be made to suit your schedule.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
1	4 Miles Easy	3 Miles Easy	Cross Train	4 miles -w- 30 min @ Tempo	3 Miles Easy & Core Work	Rest	Long Run 6 Miles easy	20 Miles
2	4 Miles Easy	3 Miles Easy	Cross Train	Hill Repeats (5 Miles Total)	3 Miles Easy & Core Work	Rest	Long Run 6 Miles easy	21 Miles
3	5 Miles Easy	4 Miles Easy	Cross Train	Mile Repeats 2 x 1 Mile	4 Miles Easy & Core Work	Rest	Long Run 7 Miles easy	22 Miles
4	5 Miles Easy	3 Miles Easy	Cross Train	4 Mile Tempo Run	4 Miles Easy & Core Work	Rest	Long Run 7 Miles easy 8 MILES	23 Miles
5	5 Miles Easy OFF	3 Miles Easy OFF	Cross Train 4MILES	(4 Miles Total) 3 MILES	4 Miles Easy & 5 MILES	Rest	Long Run 8 Miles 8 MILES	24 Miles 20 MILES
6	4 Miles Easy	3 Miles Easy	Cross Train	5 Mile Tempo Run	4 Miles Easy & Core Work	Rest	Long Run 9 Miles easy	25 Miles
7	4 Miles Easy	4 Miles Easy	Cross Train	Mile Repeats 4 x 1	4 Miles Easy & Core Work	Rest	Long Run 10 Miles easy	26 Miles
8	4 Miles Easy	3 Miles Easy	Cross Train	5 Miles @ Race Pace	4 Miles Easy & Core Work	Rest	Long Run 11 Miles easy	27 Miles
9	3 Miles Easy	4 Miles Easy	Cross Train	6 miles @ Race Pace	4 Miles Easy & Core Work	Rest	Long Run 12 Miles easy	29 Miles
10	3 Miles	4 Miles Easy	Cross Train	5 Mile Tempo Run	4 Miles Easy & Core Work	Rest	Long Run 13 Miles easy	29 Miles
11	3 Miles Easy	4 Miles Easy	Cross Train	Mile Repeats 4 x 1	4 Miles Easy & Core Work	Rest	Long Run 10 Miles easy	25 Miles
12	3 Miles Easy	2 Miles Easy	Cross Train	3 Mile Tempo	4 Miles Easy	Rest	RACE DAY!	25.1 Miles

KEY:

Progression Run - A short to intermediate-length segment of moderately hard (but controlled) running added at the end of an otherwise easy run.

Tempo - Run easy for one mile to warm up. Then take it up to a fast pace. Tempos should feel challenging.

Mile Repeats - After a one mile warm up, run one mile at your selected pace, jog for a half mile for recovery. Repeat that cycle. Cool down with one mile of easy running.

Hill Repeats - Warm up then find a hill that takes at least two minutes to climb and repeat.

Easy Run - Easy and conversational run. Your goal is to cover the distance.

Cross Train - Examples of cross training include swimming, yoga, other cardio workouts and strength training.

Rest Day - A complete off day is need to repair and prepare your body for your various runs.