

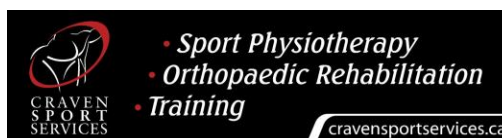
Half Marathon (21.1K) Training Program Using Training Zones

The Training Zones you will be using are:

- Zone 1(Z1): Recovery Pace
- Zone 2(Z2): Basic Endurance Pace
- Zone 3(Z3): High Endurance Pace
- Zone 4(Z4): Anaerobic Threshold
- Zone 5(Z5): High Power

These paces are calculated out using your final time for a 2K run test. E-mail 2km Time Trial time to css@cravensportservices.ca to get training paces.

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total time
1 March 8-14	30mins @ Z2	OFF	2km @ Z2 (12 mins)	3x1K hills@ Z3 (20 mins)	30 mins @ Z3	OFF	45 mins @ Z1	137
2 March 15-21	30mins @ Z2	OFF	2x2km @ Z2 (25 mins)	3x1K hills@ Z3 (20 mins)	5km @ Z2 (30 mins)	OFF	45 mins @ Z1	150
3 March 22-28	2x5x (1min @Z4/ 4min @Z1) 5 min set break (55 mins)	OFF	2x3km @ Z2 (35 mins)	4x1km@ Z3 (25 mins)	8km @ Z2 (45 mins)	OFF	45 mins @ Z1	205
4 March 29-April 4	12km @Z2 (75 mins)	OFF	45 mins @ Z1	5x1K hills@ Z3 (30 mins)	40 mins @ Z2	OFF	40 mins @ Z2	250
5 April 5-11	2x5x(2 min@Z4/ 3min@Z1) 5 min set break (55 mins)	OFF	14km @Z2 (90 mins)	7x1K hills@ Z3 (45 mins)	2x5x(2 min @Z4/3 min @ Z1) 5 min set break (55 mins)	OFF	60 mins @ Z1	305
6 April 12-18	16km @ Z3 (90 mins)	OFF	16km @ Z2 (100 mins)	10x1K hills@ Z3 (60 mins)	2x20min @Z3 5 min set break (45 mins)	OFF	75 mins @ Z1	370



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Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total time
7 April 19-25	2x5x(4 min @Z4/1 min @ Z1) 5 min set break (55 mins)	OFF	18km@ Z3 (120 mins)	2x6x1K hills@ Z3 (75 mins)	16km @ Z2 (100 mins)	OFF	75 mins @ Z1	425
8 April 26-May 2	20 km @ Z2 (150 mins)	OFF	18km@ Z2 (120 mins)	2x7x1K hills@ Z3 (75 mins)	2x5x(4 min @Z4/1min @Z1) 5 min set break (55 mins)	OFF	90 mins @ Z1	490
9 May 3-9	20 km @ Z2 (150 mins)	OFF	22km@ Z2 (180 mins)	10x1K hills@ Z3 (60 mins)	2x5x(4 min @Z4/1min @ Z1) 5 min set break (55 mins)	OFF	90 mins @ Z1	535
10 May 10-16	2x5x(4 min @Z4/1 min @ Z1) 5 min set break (55 mins)	OFF	22km@ Z2 (180 mins)	10x1K hills@ Z3 (60 mins)	18km @ Z2 (120 mins)	OFF	90 mins @ Z1	505
11 May 17-23	20 km @ Z2 (150 mins)	OFF	2x5x(4min @Z4/1 min@ Z1) 5 min set break (55 mins)	10x1K hills@ Z3 (60 mins)	18km @ Z2 (120 mins)	OFF	90 mins @ Z1	475
12 May 24-30	2x5x(4 min @Z4/1 min @ Z1) 5 min set break (55 mins)	OFF	18km@ Z2 (120 mins)	10x1K hills@ Z3 (60 mins)	90 mins @ Z1	OFF	OFF	325
May 31st, 2020 RACE DAY!!!!								



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