

## 4-WEEK HALF-MARATHON PEAKING PLAN

The final four weeks before a goal race is equal parts excitement and nervousness. Many runners begin to doubt their training when they should be dialing in their confidence. Use this 4-week half-marathon tapering plan and arrive to the start line rested, sharp and confident in achieving your goal.

BY MARIO FRAIOLI



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILEAGE
1	REST OR CROSS-TRAINING	INTERVALS: 9 MILES 2-MILE WARM-UP, 8 X 1000M AT 10K RACE PACE W/ 2:30 RECOVERY BETWEEN REPEATS, 2-MILE COOL-DOWN	6 MILES EASY	6 MILES EASY + 6 X 20-SECOND STRIDES	REST	14 MILES W/ LAST 5 AT HALF MARATHON PACE + 20 SECONDS/ MILE	5 MILES EASY	40
2	REST OR CROSS-TRAINING	INTERVALS: 12 MILES 2-MILE WARM-UP, 8 X 1 MILE AT HALF MARATHON PACE W/ 1 MIN RECOVERY BETWEEN REPEATS, 2-MILE COOL-DOWN	6 MILES EASY	6 MILES EASY + 6 X 20-SECOND STRIDES	REST	TEMPO RUN: 12 MILES 3-MILE WARM-UP, 6 MILES AT HALF MARATHON RACE PACE, 3-MILE COOL-DOWN	7 MILES EASY	43
3	REST OR CROSS-TRAINING	5 MILES EASY + 6 X 20-SECOND STRIDES	INTERVALS: 7 MILES 2-MILE WARM-UP, 10 X 400M AT 5K RACE PACE W/ 1:30 RECOVERY BETWEEN REPEATS, 2-MILE COOL-DOWN	6 MILES EASY	REST	TEMPO RUN: 10 MILES 3-MILE WARM-UP, 4 MILES AT HALF MARATHON RACE PACE, 3-MILE COOL-DOWN	8 MILES EASY	36
4	REST OR CROSS-TRAINING	INTERVALS: 7 MILES 2-MILE WARM-UP, 6 X 800M AT 10K RACE PACE W/ 2:30 RECOVERY BETWEEN REPS, 2-MILE COOL-DOWN	5 MILES EASY	5 MILES EASY + 6 X 20-SECOND STRIDES	REST	4 MILES EASY + 6 X 20-SECOND STRIDES	RACE: HALF MARATHON (16 MI TOTAL)	37