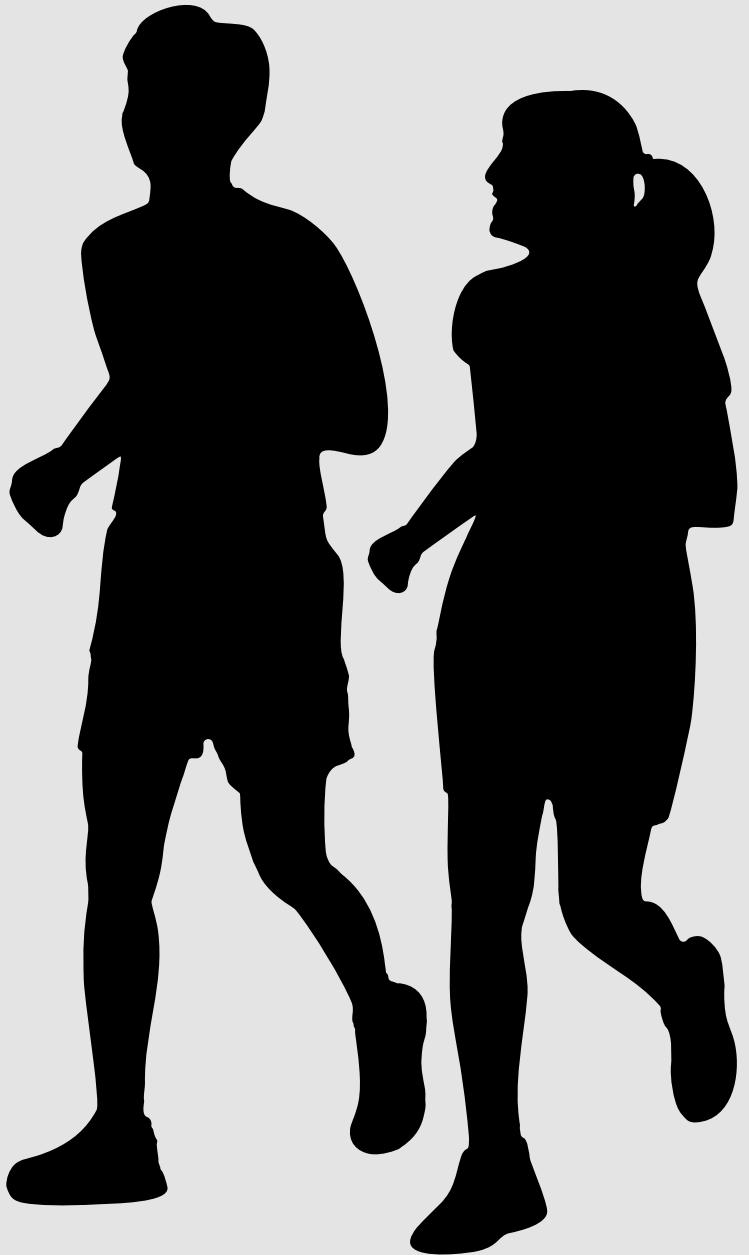




**ProRehab**  
**RUNNING**

**Half-Marathon  
Training  
Program**



## Hello, Runner!

Congratulations on taking the first steps toward the start line of your half marathon! Whether this is your very first 13.1, a comeback race, or a shot at a new personal record, your team at ProRehab is here to support you every stride of the way. Our goal is to help you train smart, stay strong, and remain injury-free from start to finish.

This plan is thoughtfully designed with the runner, walker, and interval athlete in mind, emphasizing key elements like mobility, strength, and injury prevention. You'll also find optional speed training built in to help you improve performance. Not chasing speed? No problem—feel free to adjust the plan to match your personal goals. Focus on the miles, enjoy the movement, and let each run be a chance to reconnect—with yourself, with friends, or with the great outdoors (bonus points for post-run treats!).

Don't forget that nutrition and hydration are just as important as your miles. Be sure to explore what works best for your body and fuel your training accordingly.

Happy training! We're here for you if you need support—whether it's injury prevention, recovery, or just a pep talk. We can't wait to cheer you on as you head toward race day!

— Your ProRehab Team

# GLOSSARY/ INSTRUCTIONS:

**All runs should begin with a dynamic warm-up and finish with static stretching/mobility.**

## **Z2: Zone 2**

Approximately 4-6/10 perceived effort level and/or 70-75% max heart rate

## **LSD: Long Slow Distance**

Long Slow Distance (aka your long run). Should be performed in zone 2 heart rate

## **Recovery run or Z2 cardio:**

Either perform an easy Z2 recovery run or Z2 cardio such as cycling, swimming, elliptical, rower, etc.

## **“With Hills”:**

Incorporate rolling hills, either outdoors or on a treadmill, from 3% incline to max grade of your target race route

## **HR interval:**

Heartrate intervals or alternating Z2 effort with increased effort.

For HR intervals, alternate 4-6/10 perceived effort or 75% max heart rate for .1 mile or 1 minute, with 7/10 perceived effort or 85% max heart rate for .1 mile or 1 minute

## **Speed intervals:**

Build speed by gradually increasing speed intervals. Start by alternating 1 minute of work at 9/10 perceived effort with 1 minute of recovery (do this for a few weeks), and increase to an all-out sprint for 15 seconds with 3-5 minute recovery

# GLOSSARY/ INSTRUCTIONS:

## **Cardio Warm-up:**

*Walking, stair climber, elliptical, jumping rope, stationary bike, etc.*

## **Perceived effort level or rate of perceived exertion:**

*How hard do you feel you're working on a scale of 1-10 with 10 being the hardest effort*

## **Rest/Mobility:**

*Either complete rest or mobility and stretching. See ProRehab's Mobility Plan or speak to your ProRehab PT or PTA for suggestions customized to you*

## **Strengthening:**

*See ProRehab's Strengthening Plan or speak to your ProRehab PT or PTA for suggestions customized to you.*

**Don't forget to tag us during your running journey!**



**@ProRehabLou**



**@ProRehabLou**

# WEEK 1 RUNNING PLAN:

## MONDAY:

Run 3 Miles Zone 2

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Z2

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 5 Miles

## SUNDAY:

Easy recovery run OR 45+  
minutes Z2 cardio

# WEEK 2 RUNNING PLAN:

## MONDAY:

Run 4 Miles Zone 2

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 2 miles Z2 + 1 mile HR  
intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 6 Miles

## SUNDAY:

Easy recovery run OR 45+  
minutes Z2 cardio

# WEEK 3 RUNNING PLAN:

## MONDAY:

Run 4 Miles Zone 2

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Z2 + 1 mile  
speed intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 6 Miles

## SUNDAY:

Easy recovery run OR 45+  
minutes Z2 cardio

# WEEK 4 RUNNING PLAN:

## MONDAY:

Run 4 Miles Zone 2

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Z2 + 1 mile  
speed intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 7 Miles

## SUNDAY:

Easy recovery run OR 50+  
minutes Z2 cardio

# WEEK 5 RUNNING PLAN:

## MONDAY:

Run 4 Miles Zone 2 with hills

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Z2 + 1 mile speed intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 7 Miles

## SUNDAY:

Easy recovery run OR 50+ minutes Z2 cardio

# WEEK 6 RUNNING PLAN:

## MONDAY:

Run 5 Miles Zone 2 with hills

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 2 miles Z2 + 2 miles HR intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 8 Miles

## SUNDAY:

Easy recovery run OR 50+ minutes Z2 cardio

# WEEK 7 RUNNING PLAN:

## MONDAY:

Run 3 Miles Zone 2 with hills

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Zone 2

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 7 Miles

## SUNDAY:

Easy recovery run OR 50+ minutes Z2 cardio

# WEEK 8 RUNNING PLAN:

## MONDAY:

Run 4 Miles Zone 2 with hills

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Z2 + 1 mile speed intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 8 Miles

## SUNDAY:

Easy recovery run OR 50+ minutes Z2 cardio

# WEEK 9 RUNNING PLAN:

## MONDAY:

Run 5 miles Zone 2 with hills

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Z2 + 1 mile speed intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 9 miles

## SUNDAY:

Easy recovery run OR 50+ minutes Z2 cardio

# WEEK 10 RUNNING PLAN:

## MONDAY:

Run 4 miles Zone 2 with hills

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Z2 + 1 mile speed intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 10 miles

## SUNDAY:

Easy recovery run OR 50+ minutes Z2 cardio

# WEEK 11 RUNNING PLAN:

## MONDAY:

Run 4 miles Zone 2 with hills

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Z2 + 1 mile HR intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 11 miles

## SUNDAY:

Easy recovery run OR 60 minutes Z2 cardio

# WEEK 12 RUNNING PLAN:

## MONDAY:

Run 4 miles Zone 2 with hills

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 4 miles Zone 2

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 9 miles

## SUNDAY:

Easy recovery run OR 50+ minutes Z2 cardio

# WEEK 13 RUNNING PLAN:

## MONDAY:

Run 4 miles Zone 2 with hills

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Z2 + 1 mile speed intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 11 miles

## SUNDAY:

Easy recovery run OR 60 minutes Z2 cardio

# WEEK 14 RUNNING PLAN:

## MONDAY:

Run 4 miles Zone 2 with hills

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Z2 + 1 mile speed intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 12 miles

## SUNDAY:

Easy recovery run OR 60 minutes Z2 cardio

# WEEK 15 RUNNING PLAN:

## MONDAY:

Run 4 miles Zone 2 with hills

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 3 miles Z2 + 1 mile HR intervals

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

Run LSD 8 miles

## SUNDAY:

Easy recovery run OR 45 minutes Z2 cardio

# WEEK 16 RUNNING PLAN:

## MONDAY:

Run 3 miles Zone 2

## TUESDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## WEDNESDAY:

Run 2 miles Zone 2

## THURSDAY:

5-10min. cardio warm-up  
Strengthening 30+ min.

## FRIDAY:

Rest/mobility

## SATURDAY:

**RACE DAY!!!**

 **ProRehab**  
RUNNING

Thanks for training with us!  
Whether this was your first  
race or a comeback run, we  
hope this plan helped you stay  
strong, smart, and injury-free  
from start to finish.

— Your ProRehab Team