

# ProRehab Half Marathon Training Plan

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

Ps. tag us during your running journey! IG @prorehablou

## 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
- **Upper body, lower body, or full body strength** = See ProRehab's Strengthening Plan or speak to your ProRehab PT or PTA for suggestions customized to you. On days with both strength and running, do however much strength as you can, but don't skip it!
- **Cardio warm-up** = Walking, stair climber, elliptical, jumping rope, stationary bike, etc.
- **Rest** = either complete rest or mobility and stretching.
- **LSD** = Long Slow Distance (aka your long run). Should be performed in zone 2 heart rate
- **Mobility** = See ProRehab's Mobility Plan or speak to your ProRehab PT or PTA for suggestions customized to you
- **XT** = Cross training
- **Z2 cardio** = Non-running Z2 cardio such as cycling, swimming, elliptical, rower, stairclimbing, etc.
- **HR intervals** = 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
- **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
- **"With hills"** = Incorporate rolling hills, either outdoors or on a treadmill, from 3% incline to max grade of your target race route

16 week Half Marathon Training Plan								
Week	Monday	Tuesday full body strength day	Wednesday	Thursday	Friday Rest	Saturday Run	Sunday	Mileage total
Cycle 1								
1	2 miles Z2	Plus 5-10 min. cardio warm-up	2 miles Z2	2 miles Z2 full body strength	Rest day	LSD 3 miles	Mobility, XT, or Z2 cardio	9 miles
2	2 miles Z2	Plus 5-10 min. cardio warm-up	2 miles Z2	2 miles Z2 full body strength	Rest day	LSD 3 miles	Mobility, XT, or Z2 cardio	9 miles
3	2 miles Z2	Plus 5-10 min. cardio warm-up	2 miles Z2	2 miles Z2 full body strength	Rest day	LSD 4 miles	Mobility, XT, or Z2 cardio	10 miles
4	2 miles Z2	Plus 5-10 min. cardio warm-up	2 miles Z2	2 miles Z2 full body strength	Rest day	LSD 3 miles	Mobility, XT, or Z2 cardio	9 miles
Cycle 2								
5	2 miles Z2 upper body strength	Plus 5-10 min. cardio warm-up	1 mile Z2 1 mile with hills	2 miles Z2 lower body strength	Rest day	LSD 5 miles	Mobility, XT, or Z2 cardio	11 miles
6	2 miles Z2 upper body strength	Plus 5-10 min. cardio warm-up	1 mile Z2 1 mile with hills	3 miles Z2 lower body strength	Rest day	LSD 6 miles	Mobility, XT, or Z2 cardio	13 miles
7	2 miles Z2 upper body strength	Plus 5-10 min. cardio warm-up	1 mile Z2 2 miles with hills	3 miles Z2 lower body strength	Rest day	LSD 7 miles	Mobility, XT, or Z2 cardio	15 miles
8	2 miles HR intervals upper body strength	Plus 5-10 min. cardio warm-up	2 miles with hills	2 miles Z2 lower body strength	Rest day	LSD 5 miles	Mobility, XT, or Z2 cardio	11 miles
Cycle 3								
9	1 mile Z2 2 miles HR intervals	Plus 5-10 min. cardio warm-up	1 mile Z2 2 miles with hills	3 miles Z2 full body strength	Rest day	LSD 8 miles	Mobility, XT, or Z2 cardio	17 miles
10	1 mile Z 2 miles HR intervals	Plus 5-10 min. cardio warm-up	1 mile Z2 2 miles with hills	4 miles Z2 full body strength	Rest day	LSD 9 miles	Mobility, XT, or Z2 cardio	19 miles
11	1 mile Z 2 miles HR intervals	Plus 5-10 min. cardio warm-up	2 miles Z2 2 miles with hills	4 miles Z2 full body strength	Rest day	LSD 10 miles	Mobility, XT, or Z2 cardio	21 miles

12	1 mile Z2 2 miles speed intervals	Plus 5-10 min. cardio warm-up	1 mile Z2 2 miles with hills	3 miles Z2 full body strength	Rest day	LSD 8 miles	Mobility, XT, or Z2 cardio	17 miles
Cycle 4								
13	3 miles Z2 2 miles speed intervals	Plus 5-10 min. cardio warm-up	2 miles Z2 2 miles with hills	3 miles Z2 full body strength	Rest day	LSD 11 miles	Mobility, XT, or Z2 cardio	23 miles
14	3 miles Z2 2 miles speed intervals	Plus 5-10 min. cardio warm-up	2 miles Z2 2 miles with hills	4 miles Z2 full body strength	Rest day	LSD 12 miles	Mobility, XT, or Z2 cardio	25 miles
15	1 mile Z2 2 miles with hills	Plus 5-10 min. cardio warm-up	3 miles Z2	3 miles Z2 full body strength	Rest day	LSD 8 miles	Mobility, XT, or Z2 cardio	17 miles
16	4 miles Z2	Plus 5-10 min. cardio warm-up	3 miles Z2	Easy full body strength plus mobility with 5-10 min. cardio warm-up	Rest day	Race Day!	Race Day!	

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

20 week Half Marathon Training Plan								
Week	Monday	Tuesday full body strength day	Wednesday	Thursday	Friday Rest	Saturday Run	Sunday	Mileage total
Cycle 1								
1	2 miles Z2 upper body strength	Plus 5-10 min. cardio warm-up	2 miles Z2	2 miles Z2 lower body strength	Rest day	LSD 6 miles	Mobility, XT, or Z2 cardio	12
2	2 miles Z2 upper body strength	Plus 5-10 min. cardio warm-up	3 miles Z2	2 miles Z2 lower body strength	Rest day	LSD 7 miles	Mobility, XT, or Z2 cardio	14
3	3 miles Z2 upper body strength	Plus 5-10 min. cardio warm-up	3 miles Z2	2 miles Z2 lower body strength	Rest day	LSD 8 miles	Mobility, XT, or Z2 cardio	16
4	2 miles Z2 upper body strength	Plus 5-10 min. cardio warm-up	2 miles Z2	2 miles Z2 lower body strength	Rest day	LSD 6 miles	Mobility, XT, or Z2 cardio	12

Cycle 2							Mobility, XT, or Z2 cardio	
5	3 miles Z2 upper body strength	Plus 5-10 min. cardio warm-up	2 miles Z2 2 miles with hills	3 miles Z2 lower body strength	Rest day	LSD 10 miles	Mobility, XT, or Z2 cardio	20
6	4 miles Z2 upper body strength	Plus 5-10 min. cardio warm-up	2 mile Z2 2 miles with hills	3 miles Z2 lower body strength	Rest day	LSD 11 miles	Mobility, XT, or Z2 cardio	22
7	2 miles Z2 2 miles HR intervals upper body strength	Plus 5-10 min. cardio warm-up	3 miles Z2 2 miles with hills	4 miles Z2 lower body strength	Rest day	LSD 13 miles	Mobility, XT, or Z2 cardio	26
8	3 miles HR intervals upper body strength	Plus 5-10 min. cardio warm-up	2 miles Z2 2 miles with hills	3 miles Z2 lower body strength	Rest day	LSD 10 miles	Mobility, XT, or Z2 cardio	20
Cycle 3							Mobility, XT, or Z2 cardio	
9	2 miles Z2 2 miles HR intervals upper body strength	Plus 5-10 min. cardio warm-up	3 miles Z2 2 miles with hills	4 miles Z2 lower body strength	Rest day	LSD 13 miles	Mobility, XT, or Z2 cardio	26
10	3 miles Z2 2 miles HR intervals upper body strength	Plus 5-10 min. cardio warm-up	3 miles Z2 2 miles with hills	4 miles Z2 lower body strength	Rest day	LSD 14 miles	Mobility, XT, or Z2 cardio	28
11	3 miles Z2 2 miles speed intervals upper body strength	Plus 5-10 min. cardio warm-up	3 miles Z2 2 miles with hills	5 miles Z2 lower body strength	Rest day	LSD 15 miles	Mobility, XT, or Z2 cardio	30
12	2 miles Z2 2 miles speed intervals upper body strength	Plus 5-10 min. cardio warm-up	3 miles Z2 2 miles with hills	4 miles Z2 lower body strength	Rest day	LSD 13 miles	Mobility, XT, or Z2 cardio	26
Cycle 4								
13	3 miles Z2 2 miles speed intervals upper body strength	Plus 5-10 min. cardio warm-up	4 mile Z2 2 miles with hills	5 miles Z2 lower body strength	Rest day	LSD 16 miles	Mobility, XT, or Z2 cardio	32
14	4 miles Z2 2 miles speed intervals upper body strength	Plus 5-10 min. cardio warm-up	4 mile Z2 2 miles with hills	6 miles Z2 lower body strength	Rest day	LSD 18 miles	Mobility, XT, or Z2 cardio	36
15	4 miles Z2 3 miles HR intervals upper body strength	Plus 5-10 min. cardio warm-up	5 mile Z2 2 miles with hills	6 miles Z2 lower body strength	Rest day	LSD 20 miles	Mobility, XT, or Z2 cardio	40
16	3 miles Z2 2 miles speed intervals upper body strength	Plus 5-10 min. cardio warm-up	4 mile Z2 2 miles with hills	5 miles Z2 lower body strength	Rest day	LSD 16 miles	Mobility, XT, or Z2 cardio	32
17	4 miles Z2 3 miles HR intervals upper body strength	Plus 5-10 min. cardio warm-up	6 miles Z2 2 miles with hills	7 miles Z2 lower body strength	Rest day	LSD 22 miles	Mobility, XT, or Z2 cardio	44
Cycle 5								
18	4 miles Z2 upper body strength	Plus 5-10 min. cardio warm-up	3 miles Z2 2 miles with hills	4 miles Z2 lower body strength	Rest day	LSD 12 miles	Mobility, XT, or Z2 cardio	25
19	3 miles Z2 upper body strength	Plus 5-10 min. cardio warm-up	2 miles Z2 1 mile with hills	2 miles Z2 lower body strength	Rest day	LSD 8 miles	Mobility, XT, or Z2 cardio	16
20	4 miles Z2	Plus 5-10 min. cardio warm-up	3 miles Z2	Easy full body strength plus mobility with 5-10 min. cardio warm-up	Rest day	Race Day!	Race Day!	