

12-Week Half Marathon Training Plan by Frankie Ruiz

WEEK 1

Monday

20-minute easy pace

6 x 100M Striders

Tuesday

30-minute medium pace

6 x 100M Striders

Wednesday

Recovery

20-minute easy pace

2 Chiquita Fitness Sticker Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

One Minute Plank

20 Deep Lunges (alternating legs)

Thursday

Tempo

20-minute tempo pace

6 x 100M Striders

Friday

Recovery

20-minute easy pace

Saturday

Long Run

4 miles (6 KM)

6 x 100M Striders

Sunday

Recovery

20-minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

15 Cross Crunch

One Minute Plank

WEEK 2

Monday

Recovery

20-minute easy pace

6 x 100M Striders

Tuesday

30-minute medium pace

6 x 100M Striders

Wednesday

Recovery

20-minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

15 Cross Crunch

One Leg Stand (alternating legs every 15 seconds)

Thursday

22-minute tempo pace

6 x 100M Striders

Friday

Recovery

20-minute easy pace

Saturday

Long Run

5 miles (8 KM)

6 x 100M Striders

Sunday

Recovery

20-minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

One Minute Plank

15 Push Ups

WEEK 3

Monday

Recovery

22-minute easy pace

8 x 100M Striders

Tuesday

Intervals

10-minute easy run

6 x 400M

3-minute jog/rest between each repetition

10-minute easy run

Wednesday

Recovery

20-minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

30 High Knee Taps

20 Deep Lunges (alternating legs)

Thursday

Fartlek

8 x (2 minute fast, 1 minute easy)

8 x 100M Striders

Friday

Recovery

22-minute easy pace

Saturday

Long Run

5 miles (8 KM)

6 x 100M Striders

Sunday

Recovery or Rest (Optional)

20-minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

15 Squats

One Minute Wall Sit

WEEK 4

Monday

Recovery

22-minute easy pace

8 x 100M Striders

Tuesday

Intervals

10-minute easy run

4 x 400M (3 minute jog between each repetition)

2 x 800M (4-5 minute jog between each repetition)

2 x 200M (2 minute jog between each repetition)

10-minute easy run

Wednesday

Recovery

22-minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

One Leg Stand (alternating legs every 15 seconds)

One Minute Plank

Thursday

Fartlek

10 x (2 minute fast, 1 minute easy)

8 x 100M Striders

Friday

Recovery

22-minute easy pace

Saturday

Long Run

6 miles (10 KM)

6 x 100M Striders

Sunday

Recovery

22-minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

One Leg Stand (alternating legs every 15 seconds)

15 Cross Crunch

WEEK 5

Monday

Recovery

25-30 minute easy pace

8 x 100M Striders

Tuesday

Intervals

10-minute easy run

8 x 400M

3-minute jog/rest between each repetition

10-minute easy run

Wednesday

Recovery

25-30 minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

20 Jumping Jacks

30 High Knee Taps

Thursday

Long Intervals

15-minute easy run

3 x 1 mile (1.5K)

Rest in between each repetition should be half the time it took you to complete

5-minute easy run

Friday

Recovery or Rest (optional)

20-25 minute easy pace

Saturday

Long Run

7 miles (11 KM)

6 x 100M Striders

Sunday

Recovery

20-25 minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

15 Cross Crunch

15 Push Ups

WEEK 6

Monday

Recovery

25-30 minute easy pace

8 x 100M Striders

Tuesday

Intervals

10-minute easy run

10 x 400M

3-minute jog/rest between each repetition

10-minute easy run

Wednesday

Recovery

25-30 minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

20 Deep Lunges (alternating legs)

15 Squats

Thursday

Long Intervals

10-minute easy run

4 x 1 mile (1.5K)

Rest in between each repetition should be half the time it took you to complete

5-minute easy run

Friday

Recovery or Rest (optional)

20-25 minute easy pace

Saturday

Long Run

8 miles (12 KM)

6 x 100M Striders

Sunday

Recovery

20-25 minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

One Leg Stand (alternating legs every 15 seconds)

20 Jumping Jacks

WEEK 7

Monday

Recovery

25-30 minute easy pace

8 x 100M Striders

Tuesday

Intervals

10-minute easy run

6 x 1KM

4-minute jog/rest between each repetition

10-minute easy run

Wednesday

Recovery

25-30 minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

20 Deep Lunges (alternating legs)

20 Jumping Jacks

Thursday

Tempo

25-minute tempo pace

8 x 100M Striders

Friday

Recovery or Rest

20-25 minute easy pace

Saturday

Long Run

9 miles (14 KM)

6 x 100M Striders

Sunday

Recovery

20-25 minute easy pace

2 Chiquita Fitness Stickers Challenge Exercises (repeat 3 sets, w/ 30 sec breaks between sets):

30 High Knee Taps

One Minute Plank

WEEK 8

Monday

Recovery

25-30 minute easy pace

10 x 100M Striders

Tuesday

Intervals

1200M x 1

1000M x 1

800M x 1

400M x 2

200M x 2

10-minute easy run

Wednesday

Recovery

25-30 minute easy pace

3 Chiquita Fitness Stickers Challenge Exercises (repeat 2 sets, w/ 30 sec breaks between sets):

15 Push Ups

One Leg Stand (alternating legs every 15 seconds)

15 Squats

Thursday

Tempo

25-minute tempo pace

10 x 100M Striders

Friday

Recovery or Rest (optional)

20-25 minute easy pace

Saturday

Long Run

6 miles (14 KM)

6 x 100M Striders

Sunday

Recovery

20-25 minute easy pace

3 Chiquita Fitness Stickers Challenge Exercises (repeat 2 sets, w/ 30 sec breaks between sets):

20 Jumping Jacks

One Minute Wall Sit

15 Cross Crunch

WEEK 9

Monday

Recovery

25-30 minute easy pace

10 x 100M Striders

Tuesday

Intervals

12 x 400M

3-minute jog/rest between each repetition

4 x 200M

2-minute jog/rest between each repetition

10-minute easy run

Wednesday

Recovery

25-30 minute easy pace

3 Chiquita Fitness Stickers Challenge Exercises (repeat 2 sets, w/ 30 sec breaks between sets):

15 Cross Crunch

20 Deep Lunges (alternating legs)

20 Jumping Jacks

Thursday

Fartlek

12 x 90 seconds, 2-minute break easy jog between each

10 x 100M Striders

Friday

Recovery

20-25 minute easy pace

Saturday

Long Run

10 miles (14 KM)

6 x 100M Striders

Sunday

Recovery

20-25 minute easy pace

3 Chiquita Fitness Stickers Challenge Exercises (repeat 2 sets, w/ 30 sec breaks between sets):

One Minute Plank

30 High Knee Taps

15 Push Ups

WEEK 10

Monday

Recovery

25-30 minute easy pace

12 x 100M Striders

Tuesday

Recovery

25-30 minute easy pace

12 x 100M Striders

Wednesday

Recovery

25-30 minute easy pace

4 Chiquita Fitness Stickers Challenges Exercises (repeat 2 sets, w/ 30 sec breaks between sets):

20 Jumping Jacks

30 High Knee Taps

One Leg Stand (alternating legs every 15 seconds)

One Minute Plank

Thursday

Intervals

10-minute easy run

6 x 1KM (progressively get faster with each rep)

4-minute jog/rest between each repetition

10-minute easy run

Friday

Recovery

20-25 minute easy pace

Saturday

Long Run

11 miles (16 KM)

6 x 100M Striders

Sunday

Recovery

20-25 minute easy pace

4 Chiquita Fitness Stickers Challenge Exercises (repeat 2 sets, w/ 30 sec breaks between sets):

15 Squats

20 Deep Lunges (alternating legs)

15 Push Ups

15 Cross Crunch

WEEK 11

Monday

Recovery

20-minute easy pace

12 x 100M Striders

Tuesday

Intervals

1 x 1 Mile (1600M), rest the total time it took you to complete mile

2 x 800M, rest/jog 4 min between each rep

2 x 400M, rest/jog 4 min between each rep

4 x 200M, rest/jog 2 min between each rep

5 min easy jog

Wednesday

Recovery

20-minute easy pace

5 Chiquita Fitness Stickers Challenge Exercises (repeat 2 sets, w/ 30 sec breaks between sets):

30 High Knee Taps

20 Jumping Jacks

One Minute Plank

One Leg Stand (alternating legs every 15 seconds)

15 Push Ups

Thursday

Tempo

30-minutes at Tempo Pace

12 x 100M Striders

Friday

Recovery

20-minute easy pace

Saturday

Long Run

12 miles (20 KM)

6 x 100M Striders

Sunday

Recovery

20-25 minute easy pace

5 Chiquita Fitness Stickers Challenge Exercises (repeat 2 sets, w/ 30 sec breaks between sets):

30 High Knee Taps

20 Jumping Jacks

20 Deep Lunges (alternating legs)

15 Push Ups + One Minute Wall Sit

WEEK 12

Monday

Recovery

20-minute easy pace

12 x 100M Striders

Tuesday

Intervals

20-minute medium pace

4 x 400M

rest/jog 3-minutes between reps

5-minute easy jog

Wednesday

Recovery

20-minute easy pace

10 Chiquita Fitness Stickers Challenge Exercises (one set of exercises below):

20 Jumping Jacks

30 High Knee Taps

One Minute Planks

15 Cross Crunch

One Minute Wall Sit

15 Push Ups

One Leg Stand (alternating legs every 15 seconds)

15 Squats

20 Deep Lunges

10 Minutes Mindfulness (visualizing your race prep and your success in the race)

Thursday

Tempo

20-minutes at Tempo Pace

6 x 100M Striders

Friday

Rest

Saturday

5K easy pace

6 x 100M Striders

Sunday

You're ready to crush it!

Race Day – Half Marathon