



2025 Half Marathon Training

Definitions to know:

RPE (Rate of Perceived Exertion): Your speed work is set to a level *8* defined as “Feels uncomfortable, can barely speak a sentence” This puts your body into an Anaerobic capacity. In our training this RPE of 8 should only apply when doing speed work.

Example : 7 Mile Speed | 2 Mile Warm Up; 3 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down

You should be at an RPE of 8 during the 3 bouts of 800M with a recovery (walk or jog) for 800M between each set. If you have questions, please ask your team leader or reach out to Forrest or one of the Specialists.

Cross train: Cross training can be anything that gets your body moving for 30min-1hr (Yoga, Pilates, HIIT, or strength training)

Active recovery: (Less physically demanding cross training) - this could look like playing with your family or pets, taking a walk etc.

Rest: This is what it is, reduce movement, practice self care, let your body rest as much as possible and focus on feeding your body and letting it recover.



FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 4 Miles Easy
2 Active Recovery; Walk or Play for 30 Minutes	3 3 Miles Easy; Strength Train	4 3.25 Mile Speed *1 Mile Warm Up; 5 x 200 RPE 8 w/ 200 Recovery; 1 Mile Cool Down	5 Active Recovery; Walk or Play for 30 Minutes	6 3 Miles Easy	7 Off/Rest	8 5 Miles Easy
9 Active Recovery; Walk or Play for 30 Minutes	10 4 Miles Easy; Strength Train	11 3.25 Mile Speed *1 Mile Warm Up; 5 x 200 RPE 8 w/ 200 Recovery; 1 Mile Cool Down	12 Active Recovery; Walk or Play for 30 Minutes	13 4 Miles; 1 Miles RPE 8; Strength Train	14 Off/Rest	15 6 Miles Easy
16 Active Recovery; Walk or Play for 30 Minutes	17 5 Miles Easy; Strength Train	18 3.5 Mile Speed *1 Mile Warm Up; 6 x 200 RPE 8 w/ 200 Recovery; 1 Mile Cool Down	19 Active Recovery; Walk or Play for 30 Minutes	20 5 Miles; 1.5 Miles RPE 8; Strength Train	21 Off/Rest	22 7 Miles Easy
23 Active Recovery; Walk or Play for 30 Minutes	24 5 Miles Easy; Strength Train	25 4 Mile Speed *1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Mile Recovery; 1 Mile Cool Down	26 Active Recovery; Walk or Play for 30 Minutes	27 5 Miles; 1.5 Miles RPE 8; Strength Train	28 Off/Rest	



2025 Half Marathon Training

MARCH

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 8 Miles Easy
2 Active Recovery; Walk or Play for 30 Minutes	3 5 Miles Easy; Strength Train	4 5 Mile Speed <small>*1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down</small>	5 Active Recovery; Walk or Play for 30 Minutes	6 5 Miles; 1.5 Miles RPE 8; Strength Train	7 Off/Rest	8 9 Miles Easy
9 Active Recovery; Walk or Play for 30 Minutes	10 5 Miles Easy; Strength Train	11 5 Mile Speed <small>*1 Mile Warm Up; 3 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down</small>	12 Active Recovery; Walk or Play for 30 Minutes	13 5 Miles; 1.5 Miles RPE 8; Strength Train	14 Off/Rest	15 10 Miles Easy
16 Active Recovery; Walk or Play for 30 Minutes	17 6 Miles Easy; Strength Train	18 6 Mile Speed <small>*1 Mile Warm Up; 4 x 800 RPE 8 w/ 800 Recovery; 1 Mile Cool Down</small>	19 Active Recovery; Walk or Play for 30 Minutes	20 6 Miles; 2 Miles RPE 8; Strength Train	21 Off/Rest	22 11 Miles Easy
23 Active Recovery; Walk or Play for 30 Minutes	24 5 Miles Easy; Strength Train	25 4 Mile Speed <small>*1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Mile Recovery; 1 Mile Cool Down</small>	26 Active Recovery; Walk or Play for 30 Minutes	27 5 Miles; 1.5 Miles RPE 8; Strength Train	28 Off/Rest	29 12 Miles Easy
30 Active Recovery; Walk or Play for 30 Minutes	31 6 Miles Easy; Strength Train					



2025 Half Marathon Training

APRIL

2025

SUN	MON	TUE	WED	THU	FRI	SAT
		<p>1 5 Mile Speed *1 Mile Warm Up; 3 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down</p>	<p>2 Active Recovery; Walk or Play for 30 Minutes</p>	<p>3 6 Miles; 2 Miles RPE 8; Strength Train</p>	<p>4 Off/Rest</p>	<p>5 13 Miles Easy</p>
<p>6 Active Recovery; Walk or Play for 30 Minutes</p>	<p>7 5 Miles Easy; Strength Train</p>	<p>8 6 Mile Speed *1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Mile Recovery; 1 Mile Cool Down</p>	<p>9 Active Recovery; Walk or Play for 30 Minutes</p>	<p>10 5 Miles; 1.5 Miles RPE 8; Strength Train</p>	<p>11 Off/Rest</p>	<p>12 9 Miles Easy</p>
<p>13 Active Recovery; Walk or Play for 30 Minutes</p>	<p>4 5 Miles Easy; Strength Train</p>	<p>15 4 Mile Speed *1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down</p>	<p>16 Active Recovery; Walk or Play for 30 Minutes</p>	<p>17 5 Miles; 1.5 Miles RPE 8; Strength Train</p>	<p>18 Off/Rest</p>	<p>19 6 Miles Easy</p>
<p>20 Active Recovery; Walk or Play for 30 Minutes</p>	<p>21 4 Miles Easy; Strength Train</p>	<p>22 3.25 Mile Speed *1 Mile Warm Up; 5 x 200 RPE 8 w/ 200 Recovery; 1 Mile Cool Down</p>	<p>23 Active Recovery; Walk or Play for 30 Minutes</p>	<p>24 3 Miles Easy</p>	<p>25 Off/Rest</p>	<p>26 4 Miles Easy</p>
<p>27 Active Recovery; Walk or Play for 30 Minutes</p>	<p>28 4 Miles Easy; Strength Train</p>	<p>29 3.25 Mile Speed *1 Mile Warm Up; 5 x 200 RPE 8 w/ 200 Recovery; 1 Mile Cool Down</p>	<p>30 Active Recovery; Walk or Play for 30 Minutes</p>			



2025 Half Marathon Training

MAY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 2 Miles (Take time to prepare your head for race day)	2 Off/Rest	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31