

Run away from ZOMBIES

Goal: Sub 2 hour Half Marathon (HM), transition to Vibrams for one run a week, keep high weekly mileage

Paces: Easy/WU/CD/Long: 10:22 **HM:** 9:00 **Tempo:** 8:43 **10K:** 8:23 **Mile Interval:** 8:03 **Short Interval:** 7:24 (1:51 for 800m)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Miles
	Easy Run	Rest Day	Middle Distance	Fartleks	Rest Day	Easy Run	Long Run	
1	5 mi (1.5 mi in Vibrams); drills	OFF	8 mi	1 mi warm up (WU)/cool down (CD); 6 x strides; 30 min of unstructured fartleks	OFF	5 mi; 6 strides; drills	13.1 mi	36
2	5 mi (1.5 mi in Vibrams); drills	OFF	8 mi	1 mi WU/CD; 6 x strides; 15 x 1 min fast/1 min slow	OFF	5 mi; 6 strides; drills	14 mi	37
3	5 mi (1.5 mi in Vibrams); drills	OFF	8 mi	1 mi WU/CD; 6 x strides; (in minutes, bold fast, regular slow) 1/1/2/2/3/3/4/3/3/2/2/1	OFF	5 mi; 6 strides; drills	15 mi	38
4	3 mi (1.5 mi in Vibrams); drills	OFF	5 mi	30 min easy, 10 min 10K pace with fast finish	OFF	3 mi; 7 strides; drills	10 mi	27
	Easy Run	Rest Day	Middle Distance	Tempo	Rest Day	Easy Run	Long Run	
5	5 mi (1.5 mi in Vibrams); drills	OFF	8 mi	1 mi WU/CD; 6 strides; 20 min tempo	OFF	5 mi; 7 strides; drills	12 mi w/3 HM pace	34
6	5 mi (1.5 mi in Vibrams); drills	OFF	8 mi	1 mi WU/CD; 6 strides; 25 min tempo	OFF	5 mi; 7 strides; drills	12 mi w/4 HM pace	35
7	5 mi (3.5 mi in Vibrams); drills	OFF	8 mi	1 mi WU/CD; 6 strides; 30 min tempo	OFF	5 mi; 7 strides; drills	15 mi	38
8	3 mi (3.5 mi in Vibrams); drills	OFF	5 mi	50 min easy, 10 min 10K pace with fast finish	OFF	3 mi; 7 strides; drills	10 mi	27
9	5 mi (3.5 mi in Vibrams); drills	OFF	5 mi	3 mi; 6 strides	OFF	HM RACE	OFF	26
10	5 mi; drills	OFF	8 mi	1 mi WU/CD; 6 x strides; 30 min of unstructured fartleks	OFF	5 mi; 7 strides; drills	14 mi	37
	Easy Run	Rest Day	Middle Distance	Intervals	Rest Day	Easy Run	Long Run	
11	5 mi (3.5 mi in Vibrams); drills	OFF	8 mi	1.5 mi WU/CD; 6 strides; 3 x 1 mi with 3 min jog	OFF	5 mi; 8 strides; drills	16 mi	40
12	5 mi (3.5 mi in Vibrams); drills	OFF	8 mi	1.5 mi WU/CD; 6 strides; 3 x 1 mi with 3 min jog	OFF	5 mi; 8 strides; drills	16 mi	40
13	5 mi (in Vibrams); drills	OFF	8 mi	1.5 mi WU/CD; 6 strides; 3 x 1 mi with 3 min jog	OFF	10K Race	0-3 mi	25
14	5 mi (in Vibrams); drills	OFF	8 mi	1.5 mi WU/CD; 6 strides; 5 x 800m with 800m jog	OFF	5 mi; 8 strides; drills	14 mi w/3 HM pace	37
15	5 mi (in Vibrams); drills	OFF	8 mi	1.5 mi WU/CD; 6 strides; 6 x 800m with 800m jog	OFF	5K Race and Brew Fest	14 mi w/5 HM pace	37
16	5 mi (in Vibrams); drills	OFF	8 mi	1.5 mi WU/CD; 6 strides; 7 x 800m with 800m jog	OFF	5 mi; 8 strides; drills	16 mi	40
17	3 mi (in Vibrams); drills	OFF	5 mi	50 min easy, 10 min 10K pace with fast finish	OFF	3 mi; 8 strides; drills	10 mi w/3-5 HM pace	27
18	3-5 mi (in Vibrams); drills	OFF	5 mi	3 mi; 6 strides	OFF	HM RACE	OFF	29

Created by Rebekah Hamrick at RunAwayFromZombies.com, provided online for reference only.