

The Forge Half Marathon Training Plan

Congratulations!! You've decided to take a leap of faith & push yourself to do the Half! This is no small feat. However, with the proper training, recovery, & nutrition plan, you'll crush this goal!! This plan is designed with the more experienced functional fitness level runner in mind. There is an even balance of functional fitness classes, 3 runs a week, recovery/mobility days & mental preparation challenges to get you ready for the big day. Days are also mileage based, not solely time based like 5 & 10K plans. This plan is also 4 weeks longer in order to have a slow, yet appropriate build-up of mileage to help you on race day. By no means do you need to follow this to the letter but if you do we're confident you'll have a great race experience & be more fit because of it. If you have questions please don't hesitate to text The Forge hotline at 248-587-8184. Happy training!!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Week 1</p> <p>Congrats on starting!! That is often the hardest part.</p> <p>You are laying a strong foundation.</p> <p>Pay attention to the details this week.</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>½ Mile Build</p> <p>2 Miles Steady Pace</p> <p>½ Mile Slow</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>½ Mile Build</p> <p>2 Miles Steady Pace</p> <p>½ Mile Slow</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>4 Miles</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p> <p>Think about how you want to think, act & feel on race day!!</p>
<p>Week 2</p> <p>Keep the "new" training energy high but don't get</p>	<p>Class Workout</p>	<p>½ Mile Build</p> <p>2.5 Miles Steady Pace</p> <p>½ Mile Slow</p>	<p>Rest Or Optional Class Workout</p>	<p>½ Mile Build</p> <p>2.5 Miles Steady Pace</p> <p>½ Mile Slow</p>	<p>Class Workout</p>	<p>5 Miles</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack</p>

<p>overly excited. Train with purpose. Train smart. The “hard” part is being consistent.</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on tim</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Prep For The Week</p> <p>Think about how you want to train & race. Do you want to be happy, determined etc...</p>
<p>Week 3</p> <p>Hang in there. This is the hard week, where all of your sessions kindof pile up. Next week you'll get to recover.</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>½ Mile Build</p> <p>3 Miles Steady Pace</p> <p>½ Mile Slow</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>½ Mile Build</p> <p>3 Miles Steady Pace</p> <p>½ Mile Slow</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>6 Miles</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>
<p>Week 4</p> <p>Recovery week. Enjoy the reduced mileage.</p> <p>Spend your</p>	<p>Class Workout</p>	<p>½ Mile Build</p> <p>2.5 Miles Steady Pace</p> <p>½ Mile Slow</p>	<p>Rest Or Optional Class Workout</p>	<p>½ Mile Build</p> <p>2.5 Miles Steady Pace</p> <p>½ Mile Slow</p>	<p>Class Workout</p>	<p>4-5 Miles</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>

<p>“extra” time recovering & preparing for the next day.</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on times</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	
<p>Week 5</p> <p>You are now entering the “workout” phase of your training. The mileage will build up but we are adding some intensity to your runs on Thursdays with hill repeats.</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>½ Mile Build</p> <p>3 Miles Steady Pace</p> <p>½ Mile Slow</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>½ Mile Build</p> <p>2-3 Hills</p> <p>Run up hard at a steady pace. Jog down to recover.</p> <p>½ Mile Slow</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>5-6 Miles</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>
<p>Week 6</p> <p>Keep getting in your maintenance run on Tuesdays. Don’t overdo it there. The “workout” is</p>	<p>Class Workout</p>	<p>½ Mile Build</p> <p>3.5 Miles Steady Pace</p> <p>½ Mile Slow</p>	<p>Rest Or Optional Class Workout</p>	<p>1 Mile Build</p> <p>3-4 Hills</p> <p>Run up hard at a steady pace. Jog down to recover.</p>	<p>Class Workout</p>	<p>6-7 Miles</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>

on Thursdays.	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	½ Mile Slow Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	
Week 7 Double down on your recovery. You are in the middle of the program. This is where people fall off & make excuses. Extra sleep will help you stay on track.	Class Workout Mobility Protein/Carb snack Bed on time	½ Mile Build 4 Miles Steady Pace ½ Mile Slow Mobility Protein/Carb snack Bed on time	Rest Or Optional Class Workout Mobility Protein/Carb snack Bed on time	1 Mile Build 4-5 Hills Run up hard at a steady pace. Jog down to recover. ½ Mile Slow Mobility Protein/Carb snack Bed on time	Class Workout Mobility Protein/Carb snack Bed on time	5-6 Miles Mobility Protein/Carb snack Bed on time	1 Hour Active Recovery Walk/Mobility Session Meal & Snack Prep For The Week
Week 8	Class Workout	½ Mile Build 4.5 Miles Steady Pace ½ Mile Slow	Rest Or Optional Class Workout	1 Mile Build 5-6 Hills Run up hard at a steady pace. Jog down to	Class Workout	6-7 Miles	1 Hour Active Recovery Walk/Mobility Session Meal & Snack Prep For The Week

				recover. ½ Mile Slow			
	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	
Week 9 If you have not started to play with your nutrition on long runs you'll want to give that a shot. Simple gels & an electrolyte drink are probably your best bet here.	Class Workout Mobility Protein/Carb snack Bed on time	½ Mile Build 5 Miles Steady Pace ½ Mile Slow Mobility Protein/Carb snack Bed on time	Rest Or Optional Class Workout Mobility Protein/Carb snack Bed on time	1 Mile Build 5-6 Hills Run up hard at a steady pace. Jog down to recover. ½ Mile Slow Mobility Protein/Carb snack Bed on time	Class Workout Mobility Protein/Carb snack Bed on time	7-8 Miles Mobility Protein/Carb snack Bed on time	1 Hour Active Recovery Walk/Mobility Session Meal & Snack Prep For The Week
Week 10 Enjoy your down week. You're now	Class Workout	½ Mile Build 3 Miles Steady Pace ½ Mile Slow	Rest Or Optional Class Workout	½ Mile Build 5 x 2:00 On/2:00 Recovery Jog	Class Workout	5-6 Miles	1 Hour Active Recovery Walk/Mobility Session Meal & Snack

<p>entering the “interval” phase of training with tempo runs on Thursdays.</p> <p>You have the strength. Now it’s time to work on a little bit of speed!</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>½ Mile Slow</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Prep For The Week</p>
<p>Week 11</p> <p>Work on keeping consistent paces on your Tuesday runs. These are slower than race pace by about 1:30 per mile. Breathe easy.</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>½ Mile Build</p> <p>5 Miles Steady Pace</p> <p>½ Mile Slow</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>½ Mile Build</p> <p>5 x 3:00 On/2:00 Recovery Jog</p> <p>½ Mile Slow</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>6-7 Miles</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>
<p>Week 12</p> <p>This is the end of the 3rd quarter. Much of the work is behind you but it’s not</p>	<p>Class Workout</p>	<p>½ Mile Build</p> <p>5.5 Miles Steady Pace</p> <p>½ Mile Slow</p>	<p>Rest Or Optional Class Workout</p>	<p>½ Mile Build</p> <p>5 x 4:00 On/2:00 Recovery Jog</p> <p>½ Mile Slow</p>	<p>Class Workout</p>	<p>7-8 Miles</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>

time to celebrate. Double down on strong habits.	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	Mobility Protein/Carb snack Bed on time	
Week 13 This is your last week of tempo runs. Enjoy. Feel strong!!	Class Workout Mobility Protein/Carb snack Bed on time	½ Mile Build 6 Miles Steady Pace ½ Mile Slow Mobility Protein/Carb snack Bed on time	Rest Or Optional Class Workout Mobility Protein/Carb snack Bed on time	½ Mile Build 5 x 5:00 On/2:00 Recovery Jog ½ Mile Slow Mobility Protein/Carb snack Bed on time	Class Workout Mobility Protein/Carb snack Bed on time	8-10 Miles Mobility Protein/Carb snack Bed on time	1 Hour Active Recovery Walk/Mobility Session Meal & Snack Prep For The Week
Week 14 You are entering the “taper” phase. This is where you get more rest. Don’t overdo the training. The hay is in the barn. Stay healthy!!	Class Workout Mobility Protein/Carb snack Bed on time	½ Mile Build 4 Miles Steady Pace ½ Mile Slow Mobility Protein/Carb snack Bed on time	Rest Or Optional Class Workout Mobility Protein/Carb snack Bed on time	2 Mile Warm-Up 6-8 x 200’s With 2:00 Rest or active jog between to recover 1 Mile Cool Down Mobility	Class Workout Mobility Protein/Carb snack Bed on time	9-11 Miles Mobility Protein/Carb snack Bed on time	1 Hour Active Recovery Walk/Mobility Session Meal & Snack Prep For The Week

“restless” that’s a good sign your energy is coming back & you’re ready to go!!	Mobility Protein/Carb snack Bed on time						
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The Lay Of The Land

Weeks 1-4: Building time on feet phase. Enjoy the lower mileage but make each run count.

Weeks 5-8: We’ve increased time on feet. Now is the time to keep that going & add hill workouts on Thursdays.

Weeks 9-13: We’ve increased your time on feet & strength on the hills. Now is the time to add a little bit more speed & power.

Weeks 14-16: Taper Time! Now you get to run a few repeat workouts. Don’t overdo it. Feel quick, light & strong. Stay healthy!!

Helpful Tips

Enjoy the first month of building mileage. Take the warm-up & cool down portions seriously. That distance adds up over time. Be consistent with this training, it will pay off in the middle weeks.

For the hill workouts, find a hill that you can jog/run up in about 1 to 2 minutes. Choose a hill depending on how challenging you want this to be. You do not need to do the same hill for all of your sessions but if you do, you’ll learn its nuances & see your progress on it during the four sessions. Although challenging, these workouts are worth it. You do not need to sprint these hills but you should move up them in a strong, consistent manner. Pro Tip: Be sure to warm-up & cool down well during these days. They are workouts after all.

For the 200 repeat days be sure to warm-up & cool down well. Take your time here. You are adding speed to the strength you’ve just worked so hard to develop. When adding speed be sure to build into the repetition. These are not all out efforts, more like 80 to 90% speed. You should feel light, fast & be more on your toes with your running, if you can. If you cannot get to a track, which is likely, then choose a flat piece of ground to do these on.

Mobility/Recovery

This is our favorite lower body mobility series of all time. Feel free to use any & all of it before or after your runs & especially on the Sunday recovery sessions. Add in other mobilizations as you see fit. I typically held each stretch for 1:00 or more per side.

Cat/Cow

Cobra To Pike

Mountain Climber With A Twist & Knee Out To The Side

Kneeling Adductor Stretch

90/90's With A Reach To the Sky

Foam Roll Quads

Couch Stretch

Foam Roll Glutes

Bench Pigeon Stretch

Modified Bulgarian Lunge

Jefferson Curl

Gorilla Squats