

2026 Run Devils Tower Half Marathon Runner's Training

CHOOSE YOUR LEVEL

H1: Half Marathon Training for Beginning Runners

This program assumes you have been running 3-10 miles per week. Your goal: to finish a half marathon

H2: Half Marathon Training for Intermediate Runners

This program assumes you have been running 10-15 miles per week Your goal: to finish in a specific time

TRAINING CALENDAR KEY

- **REST:** Rest day. Do no running or other strenuous physical activity.
- **EZ:** An easy or recovery run done at a comfortable pace.
- **XT:** Cross training that can include any one of a number of low-impact sports (i.e. bicycling, swimming, hiking, exercise machines, weight training) that burn calories and provide cardiovascular benefits while giving you a physical and mental break from running.
- **T:** Tempo runs of 15-25 minutes at a pace that's 10-20 seconds slower per mile than your 10-K race pace. Warm-up and cool-down distances are included in daily mileage.
- **RE:** Repeats of 400 meters to 1600 meters at your 5-K race pace. You should run your repeats on a 400-meter track, a grassy field, a smooth path, or a traffic-free stretch of road. Between repeats, jog half the distance covered during the repeat. Repeat day distances include warm-up, cool-down, and recovery mileage.
- **LS:** Long and slow run, slightly slower than your race pace.
- **RACE:** Occasional racing improves your fitness and accustoms you to the stresses of racing.

March 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
15 Rest/XT	16 Rest/XT	17 H1 2 EZ H2 2 EZ	18 XT	19 H1 3 EZ H2 5 T	20 Rest/XT	21 H1 4 EZ H2 7 EZ
22 Rest/XT	23	24 H1 2 EZ H2 4 EZ	25 XT	26 H1 3 EZ H2 4 EZ	27 Rest/XT	28 H1 5 EZ H2 4 EZ
April 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Rest/XT	30 Rest/XT	31 H1 2 EZ H2 2 EZ	1 XT	2 H1 5 T H2 6 T	3 H1 Rest/XT H2 2 EZ	4 H1 6 EZ H2 7 EZ
5 Rest/XT	6 Rest/XT	7 H1 2 EZ H2 2 EZ	8 XT	9 H1 5 RE H2 7 RE	10 H1 Rest/XT H2 2 EZ	11 H1 6 EZ H2 8 EZ
12 Rest/XT	13 Rest/XT	14 H1 2 EZ H2 3 EZ	15 XT	16 H1 5 T H2 6 T	17 H1 Rest/XT H2 2 EZ	18 H1 7 EZ H2 8 EZ
19 Rest/XT	20 Rest/XT	21 H1 3 EZ H2 5 EZ	22 XT	23 H1 3 EZ H2 5 EZ	24 H1 Rest/XT H2 2 EZ	25 H1 4 EZ H2 5 EZ

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 Rest/XT	27 Rest/XT	28 H1 2 EZ H2 2 EZ	29 XT	30 H1 6 T H2 7 T	1 Rest/XT	2 H1 7 EZ H2 9 EZ
3 Rest/XT	4 Rest/XT	5 H1 2 EZ H2 3 EZ	6 XT	7 H1 7 RE H2 8 RE	8 H1 Rest/XT H2 2 EZ	9 H1 8 LS H2 9 LS
10 Rest/XT	11 Rest/XT	12 H1 2 EZ H2 3 EZ	13 XT	14 H1 6 T H2 7 T	15 H1- 2EZ H2 2 EZ	16 H1 8 EZ H2 10 LS
17 Rest/XT	18 Rest/XT	19 H1 4 EZ H2 5 EZ	20 XT	21 H1 4 EZ H2 4 EZ	22 H1 Rest/XT H2 3 EZ	23 H1 4 LS H2 5 LS
24 Rest/XT	25 Rest/XT	26 H1 2 EZ H2 4 EZ	27 XT	28 H1 7 T H2 8 T	29 H1- 2EZ H2 4 EZ	30 H1 9 EZ H2 10 EZ

June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 Rest/XT	1 Rest/XT	2 H1 2 EZ H2 2 EZ	3 XT	4 H1 8 RE H2 10 RE	5 H1- 2EZ H2 3 EZ	6 H1 9 EZ H2 11 EZ
7 Rest/XT	8 Rest/XT	9 H1 2 EZ H2 3 EZ	10 H1 XT H2 2 EZ	11 H1 7 T H2 8 T	12 H1- 2EZ H2 2 EZ	13 H1 10 EZ H2 11 EZ
14 Rest/XT	15 Rest/XT	16 H1 2 EZ H2 2 EZ	17 H1 XT H2 3 EZ	18 H1 5 T H2 5 T	19 Rest/XT H2 3EZ	20 FAST 5K Rest/XT
21 Race Day Good Luck!						