

WINE COUNTRY HALF MARATHON

12 Week Training Plan



	Week 1	Week 2	Week 3	Week 4 (Recovery)
SUN	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST DAY
MON	Easy Run - OPTIONAL 4-5KM (Easy Pace)	Recovery Run - OPTIONAL 4-5KM (Easy Pace)	Recovery Run - OPTIONAL 5-6KM (Easy Pace)	Recovery Run - OPTIONAL 4KM (Easy Pace)
TUE	Speed Intervals 4KM (Alternate hard/easy pace for 1-3 minutes)	Hill Intervals 6KM (WC race route KMs 3-6 out and back)	Speed Intervals 5KM (Alternate hard/easy pace for 1-3 minutes)	Hill Intervals 3KM (Treadmill 5% grade or outdoors)
WED	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST DAY
THU	Tempo Run 5KM (Med-Hard Pace with 1K easy warm up & cool down)	Tempo Run 6KM (Med-Hard Pace with 1K easy warm up & cool down)	Tempo Run 7KM (Med-Hard Pace with 1K easy warm up & cool down)	Tempo Run 5KM (Med-Hard Pace with 1K easy warm up & cool down)
FRI	REST DAY	REST DAY	REST DAY	REST DAY
SAT	Long Run - 7KM (Easy Pace)	Long Run - 8KM (Easy Pace)	Long Run - 10KM (Easy Pace)	Long Run - 7KM (Easy Pace)

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	Week 5	Week 6	Week 7	Week 8 (Recovery)
SUN	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST DAY
MON	Recovery Run - OPTIONAL 5-7KM (Easy Pace)	Recovery Run - OPTIONAL 6-8KM (Easy Pace)	Recovery Run - OPTIONAL 7-9KM (Easy Pace)	Recovery Run - OPTIONAL 5KM (Easy Pace)
TUE	Speed Intervals 6KM (Alternate hard/easy pace for 1-3 minutes)	Hill Intervals 8KM (WC race route KMs 5-9 out and back)	Speed Intervals 8KM (Alternate hard/easy pace for 2-3 minutes)	Hill Intervals 6KM (WC race route KMs 1-3 out and back)
WED	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST DAY
THU	Tempo Run 7KM (Med-Hard Pace with 1K easy warm up & cool down)	Tempo Run 7KM (Med-Hard Pace with 1K easy warm up & cool down)	Tempo Run 8KM (Med-Hard Pace with 2K easy warm up & cool down)	Tempo Run 5KM (Med-Hard Pace with 1K easy warm up & cool down)
FRI	REST DAY	REST DAY	REST DAY	REST DAY
SAT	Long Run - 12 KM (Easy Pace)	Long Run - 14 KM (Easy Pace)	Long Run - 15KM (Easy Pace)	Long Run - 10KM (Easy Pace)

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12 Week Training Plan



	Week 9	Week 10	Week 11 (Taper)	Week 12 (Taper)
SUN	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST DAY
MON	Recovery Run - OPTIONAL 7-10KM (Easy Pace)	Recovery Run - OPTIONAL 8-12KM (Easy Pace)	Recovery Run - OPTIONAL 6-8KM (Easy Pace)	Recovery Run - OPTIONAL 4-6KM (Easy Pace)
TUE	Speed Intervals 8KM (Alternate hard/easy pace for 2-3 minutes)	Hill Intervals 10KM (WC race route KMs 3-8 out and back)	Speed Intervals 6KM (Alternate hard/easy pace for 2-3 minutes)	Hill Intervals 6KM (WC race route KMs 6-9 out and back)
WED	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST OR CROSS TRAIN	REST DAY
THU	Tempo Run 10KM (Med-Hard Pace with 2K easy warm up & cool down)	Tempo Run 11KM (Med-Hard Pace with 2K easy warm up & cool down)	Tempo Run 5KM (Med-Hard Pace with 1K easy warm up & cool down)	Easy Run 4KM (Easy Pace))
FRI	REST DAY	REST DAY	REST DAY	REST DAY
SAT	Long Run - 17KM (Easy Pace)	Long Run - 18KM (Easy Pace)	Long Run - 12 KM (Easy Pace)	Wine Country Half Marathon! 21.1KM 

DISCLAIMER: This is a GUIDELINE ONLY training plan for the Kelowna Wine Country half marathon. It's loosely tailored towards runners who can comfortably run at least 5 KM prior to the 12 weeks of training and with a half marathon time goal of around 2 hours. Runners may need to adjust based on their personal goals and experience, including starting earlier with shorter runs if not prepared for the starting weekly mileage. If you are looking for one-on-one run coaching tailored to your personal goals, fitness level, and running experience, are simply too busy to plan your own personalized runs, are interested in training for a different distance, or need assistance with nutrition/fueling or cross training, please contact K-Town Run Co at 250.575-8883!



Course Legend

- Half Marathon Start: The Vibrant Vine
- 10KM Start: Kelowna Fish & Game Club
- 5KM Start: Gyro Beach
- Kilometer Marker
- Water Station
- Winery

Finish:
Waterfront Park in Downtown Kelowna

