



Geist Half Training Plan - 12 Week / Intermediate
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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 Miles - Easy	4x800m Rep @ 10k Pace	4 Miles - Easy	REST	3 Miles - Easy	4 Miles - Easy	REST
2	3 Miles - Easy	35 min. Tempo	4 Miles - Easy	REST	3 Miles - Pace	5 Miles - Easy	REST
3	3.5 Miles - Easy	4x Hill Repeats	5 Miles - Easy	REST	4 Miles - Easy	6 Miles - Easy	REST
4	3.5 Miles - Easy	6x800m Rep @ 10k Pace	5 Miles - Easy	REST	4 Miles - Pace	4 Miles - Easy	REST
5	4 Miles - Easy	40 min. Tempo	5 Miles - Easy	REST	5 Miles - Easy	7 Miles - Easy	REST
6	4 Miles - Easy	5x Hill Repeats	5 Miles - Easy	REST	5 Miles - Pace	8 Miles - Easy	REST
7	4.5 Miles - Easy	8x800m Rep @ 10k Pace	6 Miles - Easy	REST	6 Miles - Easy	9 Miles - Easy	REST
8	4.5 Miles - Easy	45 min. Tempo	6 Miles - Easy	REST	6 Miles - Pace	7 Miles - Easy	REST
9	5 Miles - Easy	6x Hill Repeats	6 Miles - Easy	REST	7 Miles - Easy	10 Miles - Easy	REST
10	5 Miles - Easy	10x800m Rep @ 10k Pace	6 Miles - Easy	REST	7 Miles - Pace	12 Miles - Easy	REST
11	5 Miles - Easy	45 min. Tempo	5 Miles - Easy	REST	6 Miles - Easy	6 Miles - Easy	REST
12	4 Miles - Easy	REST	2 Miles - Easy	REST	2 Miles - Easy	RACE DAY 13.1	REST

Explanations

Easy Runs - These are meant to be at a pace where you can hold a conversation. That may be tougher in the beginning and that's totally normal. If you are brand new to running, all runs may feel a bit hard. That is totally normal, so don't get discouraged.

Cross - Any kind of cross training will be helpful here. It can be as simple as some stretching, yoga, weight training etc. Low impact.

Repeats - For these workouts, do a 1 mile warmup (slow and easy jog), as well as a 1 mile cooldown (also slow and easy jog). In between each repeat do a rest of approx. 50-100% of repeat distance (slow jog). Example: Run 400m, rest 200-400m.

Paces - For runs with specific paces like tempo, interval/repeat, 5k, 10k, etc...

Visit <https://www.jonwaderunning.com/race-training-pace-calculator/> - Here you can calculate race and training paces.