



LIFETIME[®]
MIAMI
HALF MARATHON
TRAINING CALENDAR

NOVEMBER 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
2	Recovery	3	Easy	4	Medium	5	Recovery	6	Tempo	7	Recovery	8	Long Run
30 minutes easy pace		30 minutes easy pace 6 x 100 meter Striders		30 minutes medium pace + 8 x 100 meter Striders		20 minutes easy pace		5 minutes easy pace 22 minutes tempo pace 5 minutes easy pace 6 x 100 meter Striders		20 minutes easy pace		6 miles or 60 minutes + 6 x 100 meter Striders	
9	Recovery	10	Easy	11	Intervals	12	Recovery	13	Fartlek	14	Recovery	15	Long Run
20 minutes easy pace		32 minutes easy pace + 8 x 100 meter Striders		10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minute jog/rest between each repetition 10 minutes easy run		20 minutes easy pace		10 minutes easy 8 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		22 minutes easy pace		7 miles or 70 minutes + 6 x 100 meter Striders	
16	Recovery	17	Easy	18	Intervals	19	Recovery	20	Fartlek	21	Recovery	22	Long Run
25 minutes easy pace		35 minutes easy pace 8 x 100M Striders		10 minutes easy run 4 x 400 meter (3 minute jog between each) 2 x 800 meter (5 minute jog between each) 2 x 200 meter (3 minute jog between each) 10 minutes easy run		20 minutes easy pace		10 minutes easy 8 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		22 minutes easy pace		8 miles or 80 minutes + 6 x 100 meter Striders	
23	Recovery or rest	24	Easy	25	Intervals	26	Recovery	27	Long Intervals	28	Recovery	29	Long Run
25 minutes easy pace		35 minutes easy pace 8 x 100M Striders		10 minutes easy run 4 x 400 meter (3 minute jog between each) 2 x 800 meter (5 minute jog between each) 2 x 200 meter (3 minute jog between each) 10 minutes easy run		22 minutes easy pace		15 minutes easy run 3 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 5 minutes easy run		22 minutes easy pace		9 miles or 90 minutes + 6 x 100 meter Striders	

DECEMBER 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
30	Recovery	1	Easy	2	Intervals	3	Recovery	4	Long Intervals	5	Recovery	6	Long Run
25 minutes easy pace		35 minutes easy pace 8 x 100 meter Striders		10 minutes easy pace 8 x 400 meter 3 minutes jog/rest between each repetition 10 minutes easy pace		25-30 minutes easy pace		10 minutes easy run 4 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 5 minutes easy run		20-25 minutes easy pace		10 miles or 100 minutes + 6 x 100 meter Striders	
7	Recovery	8	Easy	9	Intervals	10	Recovery	11	Long Intervals	12	Recovery	13	Long Run
25 minutes easy pace		35 minutes easy pace 8 x 100 meter Striders		10 minutes easy pace 8 x 400 meter 3 minutes jog/rest between each repetition 10 minutes easy pace		25-30 minutes easy pace		10 minutes easy run 4 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 5 minutes easy run		20-25 minutes easy pace		11 miles or 100 minutes + 6 x 100 meter Striders	
14	Recovery	15	Easy	16	Intervals	17	Recovery	18	Tempo	19	Recovery	20	Long Run
25 minutes easy pace		35-40 minutes easy pace + 8 x 100 meter Striders		10 minutes easy run 6 x 1KM 4 minutes jog/rest between each repetition 10 minutes easy run		25-30 minutes easy pace		5 minutes easy pace + 25 minutes tempo pace 8 x 100 meter Striders		20-25 minutes easy pace		12 miles or 120 minutes 6 x 100 meter Striders	
21	Recovery	22	Easy	23	Intervals	24	Recovery	25	Tempo	26	Recovery or rest	27	Long Run
20-25 minutes easy pace		35-40 minutes easy pace 8 x 100 meter Striders		10 minutes easy 1200 meter x 1 1000 meter x 1 800 meter x 1 400 meter x 2 200 meter x 2 Full recovery between each 10 minutes easy pace		25-30 minutes easy pace		5 minutes easy + 30 minutes tempo pace 10 x 100 meter Striders		20-25 minutes easy pace		13 miles or 120 minutes + 6 x 100 meter Striders	
28	Recovery	29	Easy	30	Intervals	31	Recovery						
20-25 minutes easy pace		40 minutes easy pace + 10 x 100 meter Striders		10 minutes easy run 6 x 1KM 4 minutes jog/rest between each repetition 10 minutes easy run		25-30 minutes easy pace							

