

the half marathon fartlek workout

This run can be done on a treadmill or outside - the key is that you're able keep an eye on your distance and time. You won't actually run a half marathon, but this would be a great workout to do if you're training for one! RPE indicates rate of perceived exertion on a scale of 1-10, with 10 being an all-out effort.

Mile 1-2

Build from easy to moderate pace

RPE
4-6

Mile 3-5

Alternate running 3 minutes 'comfortably uncomfortable, 3 minutes easy

7.5 to
6

Mile 6-7

Alternate running 2 minutes hard, 2 minutes easy

8.5 to
6.5

Mile 8-9

Alternate 1 minute hard, 1 minute easy

9.5
to 7

Mile 10

Cool down, bring effort level and heart rate down for final mile.

7 to 4

Total: 10 miles