# 16-week, 3-runs-per-week half-marathon plan (hilly course, completion-focused)

**Weekly structure**
- **Group (1x/week):** simple hill session (rotates)
- **Solo easy (1x/week):** short, easy run or run-walk
- **Solo long (1x/week):** easy run or run-walk; this is the key workout

**Effort guide (no watch)**
- **Easy:** can talk in full sentences.
- If breathing gets too hard on hills, **power-walk** until it settles.

**Hill formats for the group run (rotate)**
- **Format 1: Steep repeats** (like the 100 m over 0.8 km hill): 3–6 repeats, easy up (walk/jog), easy down, regroup.
- **Format 2: Long steady climb** (6–12 minutes continuous): climb once at easy effort; optional second climb if everyone feels good.
- **Format 3: Rolling-route practice:** easy run on rolling terrain; all ups are conversational; walk if needed.

# Week-by-week plan (16 weeks)

## Weeks 1–4: Set the routine; start gentle hills

**Week 1**
- Group: 45 min rolling (Format 3)
- Solo easy: 30 min easy
- Long: 60 min easy

**Week 2**
- Group: Steep repeats **3x** (Format 1) inside 50 min total
- Solo easy: 30–35 min easy
- Long: 70 min easy

**Week 3**
- Group: Long steady climb (Format 2) inside 55 min total
- Solo easy: 35 min easy
- Long: 80 min easy

**Week 4 (lighter)**
- Group: 45–50 min rolling (Format 3)
- Solo easy: 30 min easy
- Long: 65–70 min easy

## Weeks 5–8: Build hill strength and time on feet

**Week 5**
- Group: Steep repeats **4x** (Format 1) inside 55–60 min total
- Solo easy: 35–40 min easy
- Long: 90 min easy

**Week 6**
- Group: Long steady climb (Format 2) inside 60–65 min total
- Solo easy: 40 min easy
- Long: 100 min easy

**Week 7**
- Group: Rolling route 60–70 min (Format 3)
- Solo easy: 40–45 min easy
- Long: 110 min easy

**Week 8 (lighter)**
- Group: 55–60 min rolling (Format 3)
- Solo easy: 35–40 min easy
- Long: 85–95 min easy

## Weeks 9–12: Race-specific hill stamina

**Week 9**
- Group: Steep repeats **5x** (Format 1) inside 65 min total
- Solo easy: 45 min easy
- Long: 120 min easy

**Week 10**
- Group: Long steady climb; optional second climb if feeling good (Format 2) inside 65–70 min total
- Solo easy: 45–50 min easy
- Long: 130 min easy

**Week 11**
- Group: Rolling route 65–75 min (Format 3)
- Solo easy: 45–50 min easy
- Long: 140 min easy

**Week 12 (lighter)**
- Group: 60 min rolling (Format 3)
- Solo easy: 40–45 min easy
- Long: 110–120 min easy

**Weeks 13–16: Peak then taper (arrive fresh)**

**Week 13**
- Group: Steep repeats **5–6x** (Format 1) inside 65–70 min total
- Solo easy: 45 min easy
- Long: 150 min easy

**Week 14 (race-hill simulation, simple)**
- Group (70 min total, easy):
  - Easy run 20 min
  - **One steep climb** (walk/jog, conversational)
  - Easy 10 min
  - **One moderate climb** (conversational)
  - Easy to finish
- Solo easy: 40–45 min easy
- Long: 120–130 min easy

**Week 15 (taper)**
- Group: Long steady climb once (Format 2) inside 55–60 min total
- Solo easy: 35–40 min easy
- Long: 90–100 min easy

**Week 16 (race week)**
- Group early week: 35–40 min very easy, mostly flat
- Solo: 20–30 min very easy or rest
- Race: start easier than you think; **power-walk the steep hill early if needed**, then return to easy running on flats and gentle downs

# One-sentence hill cues (keep it simple)
- **Up:** shorter steps, relaxed shoulders, walk before you strain.
- **Down:** quick small steps, stay tall, no hard braking.

# If someone misses a week
Do not "make up" missed long runs. Repeat the last completed week or jump back in gently and keep everything easy.