

TRAIN WITH US.

Ten weeks. One finish line. All of us.

Join Pacers Running and Brooks for a 10-week half marathon training plan for runners of all skill levels, including new runners. The training program will culminate in the DC Half on September 20th, 2026!

ELEMENTS OF THE PLAN

- **3 weekly planned runs:** Pacers Social Runs in DC or Virginia, Pacers Track in DC or Virginia, and Saturdays on your own! Our social runs are held at Pacers 14th Street on Monday, Pacers Navy Yard on Tuesday, Pacers Alexandria on Thursday, and Pacers Clarendon on Thursday. Pacers Track workouts are held at Washington Liberty High School in Virginia on Tuesday, and Banneker Community Track in DC on Thursday. All social runs begin at 6:30 pm.
- **Social runs are focused on base mileage:** easy to moderate pace runs focused on building an endurance base.
- **Track workouts** are focused on gaining speed and really challenging ourselves on shorter intervals! (your goal race pace and FASTER!)
- **Saturday runs** are on your own and will continue to help you build a base to get to your half marathon goal, whether that is finishing your half marathon or a new PR!

TRACK ETIQUETTE

- **Share the track:** Run on the inside, pass on the outside, ALWAYS LEAVE SPACE FOR OTHERS TO PASS YOU! Walking and recoveries should happen in the outside lane or grass.
- **Move out of the way as soon as you finish.** NEVER stop on the track. Never walk on inside lanes.

TRACK BASICS

- 1 lap of a standard track is 400 meters or $\frac{1}{4}$ of a mile. This makes it easy to gauge pace during speed days!
- Our track workouts will often reference “goal pace” for your half-marathon. This is the minutes per mile pace that you are shooting for on race day. We will often alternate between reps at your goal pace and reps FASTER than your goal pace. The purpose of this is to help you learn to “feel” the pace you hope to race at AND to build speed and endurance.



TRAINING PLAN



Helpful Tips

SUIT UP

It sounds simple but the first step is usually the hardest so start by putting your running clothes on! Lace up your shoes and now you are one step closer to going out the door.

RUN/WALK

You don't need to just "run" to run! Start by going out for a walk. When you're warmed up, run a few hundred yards then take a break and walk again. Nearly all runners started this way.

ACCOUNTABILITY

It's much harder to skip a run when you have a friend depending on you to show up. At the least, tell a friend about your plans to run so they can hold you accountable even if they don't join you.

THE RIGHT FIT

You don't need fancy new gear to go on your first run. But having the right shoes and apparel will make your runs better as you continue your journey.

INTERMEDIATE

GROUP 3



	WEEK 1 JULY 13-19, 2026	WEEK 2 JULY 20-26, 2026	WEEK 3 JULY 27-AUGUST 2, 2026	WEEK 4 AUGUST 3-9, 2026
STEADY STATE Monday, Tuesday, or Thursday	3+ miles easy run	3+ miles easy run	3+ miles easy run	3+ miles easy run
TRACK Tuesday or Thursday	WARMUP 10 minutes easy running + dynamic w/u WORKOUT • 1600 at HMP • 400 recovery btw each rep • 800 at 5K-10K pace • 200 recovery btw each rep • 2 x 400 at 5K pace • 200 recovery btw each rep COOLDOWN 5 minutes easy running + stretches	WARMUP 10 minutes easy running + dynamic w/u WORKOUT • 1600 at HMP • 400 recovery • 800 at 10k pace • 200 recovery • 600 at 5K pace • 200 recovery • 400 at 5K pace • 200 recovery • 200 at 5K pace COOLDOWN 5 minutes easy running + stretches	WARMUP 10 minutes easy running + dynamic w/u WORKOUT (Repeat 2 times) • 2 x 800 at 5K-10K pace • 400 recovery btw each rep • 2 x 400 at 5K pace • 200 recovery btw each rep COOLDOWN 5 minutes easy running + stretches	WARMUP 10 minutes easy running + dynamic w/u WORKOUT • 6 x 800 at 5K-10K pace • 200 recovery btw each rep COOLDOWN 5 minutes easy running + stretches
SATURDAY LONG RUN	5+ miles long run pace	6+ miles long run pace	7+ miles long run pace	8+ miles long run pace

INTERMEDIATE

GROUP 3



	WEEK 5 AUGUST 10-16, 2026	WEEK 6 AUGUST 17-23, 2026	WEEK 7 AUGUST 24-30, 2026	WEEK 8 AUGUST 31-SEPTEMBER 6, 2026
STEADY STATE Monday, Tuesday, or Thursday	3+ miles easy run	3+ miles easy run	3+ miles easy run	3+ miles easy run
TRACK Tuesday or Thursday	WARMUP 10 minutes easy running + dynamic w/u WORKOUT • 2 x 800 at 5K-10K pace • 200 recovery btw each rep • 3 x 400 at 5K pace • 200 recovery btw each rep • 3 x 200 at 5K pace COOLDOWN 5 minutes easy running + stretches	WARMUP 10 minutes easy running + dynamic w/u WORKOUT • 3 x 1000 at 10K-HMP • 200 recovery btw each rep COOLDOWN 5 minutes easy running + stretches	WARMUP 10 minutes easy running + dynamic w/u WORKOUT (Repeat 2 times) • 1200 at HMP • 400 recovery • 400 at 10K • 200 recovery COOLDOWN 5 minutes easy running + stretches	WARMUP 10 minutes easy running + dynamic w/u WORKOUT • 8 x 400 at 5K pace • 200 recovery btw each rep COOLDOWN 5 minutes easy running + stretches
SATURDAY LONG RUN	9+ miles long run pace	10+ miles long run pace	11+ miles long run pace	9+ miles long run pace

INTERMEDIATE

GROUP 3



	WEEK 9 SEPTEMBER 7-13, 2026	WEEK 10 SEPTEMBER 14-20, 2026
STEADY STATE Monday, Tuesday, or Thursday	3+ miles easy run	3+ miles easy run
TRACK Tuesday or Thursday	WARMUP 10 minutes easy running + dynamic w/u WORKOUT • 1600 at HMP • 400 recovery btw each rep • 800 at 5K-10K pace • 200 recovery btw each rep • 2 x 400 at 5K pace • 200 recovery btw each rep COOLDOWN 5 minutes easy running + stretches	WARMUP 10 minutes easy running + dynamic w/u WORKOUT • 2 x 800 at 5K-10K pace • 200 recovery btw each rep • 3 x 400 at 5K pace • 200 recovery btw each rep • 3 x 200 at 5K pace COOLDOWN 5 minutes easy running + stretches
SATURDAY LONG RUN	7+ miles long run pace	3 mile shake out run RACE IS SUNDAY!