

the negative split

race pace run workout

The majority of the run will be done 15s slower than target half marathon race pace. There are two rolling hills, and you can slow your speed during these parts to keep your effort level consistent. In the last 10 minutes you'll gradually accelerate, maxing out just before the end as if you were sprinting to a finish line.

	Time
Warm-up - easy jog	5:00
Steady state, 15s slower than target race pace	10:00
Rolling hill: Starting at 2.0, increase incline by 1.0 every minute for 3 mins, then decrease by 1.0 for 2 mins (2,3,4,3,2). Decrease speed to keep effort consistent.	5:00
Steady state, 15s slower than target race pace	10:00
Rolling hill (repeat as above)	5:00
Steady state, 15s slower than target race pace or better	15:00
Final effort: Every minute, increase speed until you reach a full-out sprint in the last minute. Empty the tank!	10:00
Cool down - walk to bring heart rate down	
Total: 1 hour	