HALF MARATHON SCHEDULE: 1:30 to 1:

		WEEK	MON.	TUE.		WED.	THU.	FRI.	SAT.	SUN.
Date		Phase	Rest/EZ	Dist.	Intensity	Rest/X-T	Easy	Moderate	Rest/X-T	Long
	1	Endurance Building	OFF	6 10	Tempo Run	OFF or XT	3 5	6 10	OFF or XT	8 13
	2	Endurance Building	OFF	7 11	Tempo Run	OFF or XT	3 5	6 10	OFF or XT	9 14
	3	Endurance Building	3 5	5 8	Tempo Run	OFF or XT	3 5	7 11	OFF or XT	10 16
	4	Endurance Building	3 5	6 10	Tempo Run	OFF or XT	3 5	7 11	OFF or XT	10 16
	5	Endurance Building	3 5	5 8	Tempo Run	OFF or XT	3 5	8 13	OFF or XT	8 13
	6	Endurance Building	3 5	7 11	Tempo Run	OFF or XT	3 5	6 10	OFF or XT	10 16
	7	Strength Building	3 5	6 10	7R HILLS	OFF or XT	3 5	8 13	OFF or XT	11 18
	8	Strength Building	3 5	7 11	9R HILLS	OFF or XT	3 5	9 14	OFF or XT	8 13
	9	Strength Building	3 5	7 11	10R HILLS	OFF or XT	3 5	7 11	OFF or XT	11 18
	10	Strength Building	3 5	7 11	11R HILLS	OFF or XT	3 5	6 10	OFF or XT	12 19
	11	Speed Building	3 5	6 10	Fartlk 8x2min	OFF or XT	3 5	5 8	OFF or XT	13 21
	12	Speed Building	3 5	6 10	Intrvl 4x1M	OFF or XT	3 5	8 13	OFF or XT	9 14
	13	Speed Building	3 5	6 10	Fartlk 8x3min	OFF or XT	3 5	7 11	OFF or XT	12 19
	14	Speed Building	3 5	7 11	Intervl 4x1M	OFF or XT	3 5	8 13	OFF or XT	13 21
	15	Speed Building	3 5	7 11	Intrvl 9x800	OFF or XT	3 5	9 14	OFF or XT	14 23
	16	Speed & Taper	OFF	6 10	Intrvl 9x400	OFF or XT	3 5	10 16	OFF or XT	9 14
	17	Taper	OFF	6 10	Race Pace	OFF or XT	OFF	5 8	OFF	13 21

For Tues. Intensity workouts

A/ Hills 7R = Warmup then 7 repeats of 45-50 second surges uphill/ rest by jogging down/ do cool down

B/ Speed/Fartlek 8x2s = Warmup then 8 repeats of 2min. surges on flat terrain/jog recovery/cool down

C/ Interval 3x1.5k = Warmup then 4 repeat 1.5k surges (6-7 min/mile), 3min rest (jog & walk) in between

D/ Tempo Runs: do 2k or more easy warmup, then 5-7k @ little slower than 10K race pace, then 1k cool down

Times below are ranges - you may run comfortably anywhere within a range for each type of run - try different ones to learn yours.

Moderate = 7:00-8:15 min/mile = 4:20-5:10 min/km | **Long Run = 7:50-9:10 min/mile**

RACE PACE: 6:50-8 min/mile (4:15-5 min/km) = 1:30 to 1:45 Half Marathon finish

Notes:

45

TOTAL		
		NOTES:
23	Miles	
37	Kilometers	
25	M	
40	K	
28	M	
45	K	
29	M	
47	K	
27	M	
43	K	
29	M	
47	K	
31	M	
50	K	
30	M	
48	K	
31	M	
50	K	
31	M	
50	K	
30	M	
48	K	
29	M	
47	K	
31	M	
50	K	
34	M	
55	K	
36	M	
58	K	
28	M	
45	K	
24	M	
39	K	

= 4:50-5:40 min/km