HALF-MARATHON TRAINING PROGRAM
Intermediate 4day/week plan

If you want the program to stretch 17 weeks, keep the mileage at 20-25/week extra 5 weeks, start there
Should have 25-30 mile/week running base for at least 1 month
Cross-training: Alternate workout of 30-90 minutes, and not with great intensity
E-Cross: Cross-training 30-60 minutes, easy pace
Choose running days to accommodate your schedule, resting before and after long effort

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	3 m run	5 x 400 5-K pace	Cross-train	Rest	3 m run	5 m run
2	Stretch & Strengthen	3 m run	30 min tempo	Cross-train	Rest	3 m pace	6 m run
3	Stretch & Strengthen	3.5 m run	6 x 400 5-K pace	Cross-train	5m	Rest	**5-K Race**
4	Stretch & Strengthen	3.5 m run	35 min tempo	Cross-train	Rest	5 m run	7 m run
5	Stretch & Strengthen	4 m run	5 x 800 10-K pace	Cross-train	Rest	3 m pace	8 m run
6	Stretch & Strengthen	4 m run	40 min tempo	Cross-train	Rest or easy run	Rest	**10-K Race**
7	Stretch & Strengthen	4.5 m run	8 x 400 5-K pace	Cross-train	Rest	4 m pace	9 m run
8	Stretch & Strengthen	4.5 m run	40 min tempo	Cross-train	Rest	5 m pace	10 m run
9	Stretch & Strengthen	5 m run	9 x 400 5-K pace	Cross-train	5m	Rest	**15-K Race**
10	Stretch & Strengthen	5 m run	45 min tempo	Cross-train	Rest	5 m pace	11 m run
11	Stretch & Strengthen	5 m run	10 x 400 5-K pace	Cross-train	Rest	3 m pace	12 m run
12	Stretch & Strengthen	4 m run	30 min tempo	Cross-train	Rest	Rest	**Half Marathon**