

HALF-MARATHON TRAINING PROGRAM

Intermediate 3day/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

800 meter, mile repeats performed at 10K pace, recover half the distance

Choose running days to accommodate your schedule, resting before and after long effort

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 m run	Cross-train	3-mile tempo	E-Cross	Rest	5miles
2	Rest	5 m run	Cross-train	4-mile tempo	E-Cross	Rest	6miles
3	Rest	6 m run	Cross-train	5-mile tempo or 4x800meter	E-Cross	Rest	8-miles
4	Rest	5 m run	Cross-train	6-mile tempo	E-Cross	Rest	10-miles
5	Rest	6 m run	Cross-train	4-mile tempo or 5x800meter	E-Cross	Rest	6-miles
6	Rest	5 m run	Cross-train	6-mile tempo	E-Cross	Rest	10-miles
7	Rest	7 m run	Cross-train	8-mile tempo or 3x1mile	E-Cross	Rest	9-miles
8	Rest	6 m run	Cross-train	8-mile tempo	E-Cross	Rest	10-miles
9	Rest	6 m run	Cross-train	6x800 meter	E-Cross	Rest	12-miles
10	Rest	6 m run	Cross-train	4-mile tempo	E-Cross	Rest	6-miles
11	Rest	5 m run	Cross-train	5 m run + strength	E-Cross	Rest	10 miles
12	Rest	4 m run	Cross-train	2 m run	Rest	Rest	Half Marathon