

HALF MARATHON TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3_{MI}	4_{MI}	3_{MI}	REST	3_{MI}	4_{MI}	REST
2	3_{MI}	4^(PACE)_{MI}	3_{MI}	REST	3^(PACE)_{MI}	5_{MI}	REST
3	3.5_{MI}	5_{MI}	3.5_{MI}	REST	REST	6_{MI}	REST
4	3.5_{MI}	5^(PACE)_{MI}	3.5_{MI}	REST	3_{MI}	7_{MI}	REST
5	4_{MI}	6_{MI}	4_{MI}	REST	3^(PACE)_{MI}	8_{MI}	REST
6	4_{MI}	6^(PACE)_{MI}	4_{MI}	REST	REST	3.1_{MI}	REST
7	4.5_{MI}	7_{MI}	4.5_{MI}	REST	4^(PACE)_{MI}	9_{MI}	REST
8	4.5_{MI}	7^(PACE)_{MI}	4.5_{MI}	REST	5^(PACE)_{MI}	10_{MI}	REST
9	5_{MI}	8_{MI}	5_{MI}	REST	REST	6.2_{MI}	REST
10	5_{MI}	8^(PACE)_{MI}	5_{MI}	REST	5^(PACE)_{MI}	11_{MI}	REST
11	5_{MI}	6_{MI}	4_{MI}	REST	3^(PACE)_{MI}	12_{MI}	REST
12	4_{MI}	4^(PACE)_{MI}	2_{MI}	REST	REST	RACE DAY!	REST

*PACED RUNS SHOULD BE DONE AT YOUR TARGET RACE PACE.