



10-Week Half Marathon Training Program

Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	Total Mileage	Training Block	Weekly Results:
Overview	MID DISTANCE RUN	SPEED RUN	REST/SHORT DISTANCE RUN	LONG DISTANCE RUN	REST OR CROSS TRAIN			
WEEK 1:	2 Miles	10 min warmup jog 8 min @ 30sec slower than goal race pace 10 min cooldown jog =3-4 Miles (estimate)	Rest	4 Miles	Rest or 30min Cross Train	9 Miles	1	
WEEK 2:	3 Miles	10 min warmup jog 8 min @ 30sec slower than goal race pace 10 min cooldown jog =3-4 Miles (estimate)	Rest	5 Miles	Rest or 30min Cross Train	11 Miles		
WEEK 3:	3 Miles	10 min warmup jog 8 min @ 30sec slower than goal race pace 10 min cooldown jog =3-4 Miles (estimate)	Rest	6 Miles	Rest or 30min Cross Train	12 Miles		
WEEK 4:	3 Miles	5 min warmup jog 5 min @ 30sec slower than goal race pace 5 min cooldown jog =1-2 Miles (estimate)	Rest	4 Miles	Rest or 30min Cross Train	8 Miles		
WEEK 5:	4 Miles	10 min warmup jog 10 min @ 30sec slower than goal race pace 10 min cooldown jog =3-4 Miles (estimate)	Rest	7 Miles	Rest or 40min Cross Train	14 Miles	2	
WEEK 6:	4 Miles	10 min warmup jog 10 min @ 30sec slower than goal race pace 10 min cooldown jog =3-4 Miles (estimate)	2 Miles	8 Miles	Rest or 40min Cross Train	17 Miles		
WEEK 7:	5 Miles	10 min warmup jog 10 min @ 30sec slower than goal race pace 10 min cooldown jog =3-4 Miles (estimate)	2 Miles	9 Miles	Rest or 40min Cross Train	19 Miles		
WEEK 8:	5 Miles	10 min warmup jog 10 min @ 30sec slower than goal race pace 10 min cooldown jog =3-4 Miles (estimate)	2 Miles	10 Miles	Rest or 40min Cross Train	20 Miles		
WEEK 9:	5 Miles	5 min warmup jog 5 min @ 30sec slower than goal race pace 5 min cooldown jog =1-2 Miles (estimate)	2 Miles	6 Miles	Rest or 30min Cross Train	14 Miles	3	
WEEK 10:	4 Miles	3 Miles Easy	2 Miles	Rest	Half Marathon @ Race Pace	22 Miles		

Mid Distance Run: The goal of this run is to increase your mileage throughout the week. This run should be held at a comfortable pace, about 1 minute slower than goal race pace

Speed Run: This workout is most important for training for your goal pace! Begin with a warmup jog, followed by the designated duration at a pace 30 seconds slower than your goal race pace (example: if your goal 5K finish time is 30 minutes, your race pace is 10min/mile. You would complete this speed workout at a 10:30min/mile pace). Finish with an easy cooldown jog.

Long Distance Run: Try not to pay attention to your pace during this run. You should feel good and able to have a conversation while running this pace. The goal of this day is to get your legs used to running this distance, its not a race- take your time and enjoy this pace! Do this run about 2 minutes slower than goal race pace.

Cross Training: This day is meant to work on your aerobic stamina without the impact. Do the duration of your workout on any type of non-impact cardio (bike, elliptical, arc trainer, swimming, etc.). If your feeling tired or legs are fatigued, use this day as a rest day.

Created by Bethann Wittig, 2019.
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