

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3-4 miles easy plus 5 x stride	4-5 miles easy running	Off Day/Cross Training Option	4-5 miles easy running	Day Off	5-6 miles easy	Cross-Training 45-60 minutes
2	3-4 miles easy plus 5 x stride	2 x 1 mile @ AT w/ 3:00 Rec.	Off Day/Cross Training Option	5-6 miles easy running	Day Off	MS: 5M + 2M @ GHMRP	Cross-Training 45-60 minutes
3	3-4 miles easy plus 5 x stride	6 x 1/2 mile @ AT w/ 1:30 Rec.	Off Day/Cross Training Option	3-4 miles @ GHMRP	Day Off	7-8 miles easy	Cross-Training 45-60 minutes
4	3-4 miles easy plus 5 x stride	3 x 1 mile @ AT w/ 3:00 Rec.	Off Day/Cross Training Option	5-6 miles easy running	Day Off	MS: 5M + 4M @ GHMRP	Cross-Training 45-60 minutes
5	3-4 miles easy plus 5 x stride	5-6 miles easy running	Off Day/Cross Training Option	4-5 miles @ GHMRP	Day Off	8-9 miles easy	Cross-Training 45-60 minutes
6	3-4 miles easy plus 5 x stride	6 x 1/2 mile @ AT w/ 1:30 Rec.	Off Day/Cross Training Option	5-6 miles easy running	Day Off	MS: 5M + 5M @ GHMRP	Cross-Training 45-60 minutes
7	3-4 miles easy plus 5 x stride	4 x 1 mile @ AT w/ 3:00 Rec.	Off Day/Cross Training Option	5-6 miles @ GHMRP	Day Off	10-11 miles	Cross-Training 45-60 minutes
8	3-4 miles easy plus 5 x stride	5-6 miles easy running	Off Day/Cross Training Option	5-6 miles easy running	Day Off	MS: 5M + 5M @ GHMRP	Cross-Training 45-60 minutes
9	3-4 miles easy plus 5 x stride	8 x 1/2 mile @ AT w/ 1:30 Rec.	Off Day/Cross Training Option	5-6 miles @ GHMRP	Day Off	12-13 miles	Cross-Training 45-60 minutes
10	3-4 miles easy plus 5 x stride	2 x 2 miles @ AT w/ 3:00 Rec.	Off Day/Cross Training Option	5-6 miles easy running	Day Off	MS: 5M + 4M @ GHMRP	Cross-Training 45-60 minutes
11	3-4 miles easy plus 5 x stride	3 x 1 mile @ AT w/ 3:00 Rec.	Off Day/Cross Training Option	3-4 miles @ GHMRP	Day Off	6-7 miles	Cross-Training 45-60 minutes
12	3-4 miles easy plus 5 x stride	6 x 1/2 mile @ AT w/ 1:30 Rec.	Off Day/Cross Training Option	2-3 miles @ GHMRP	Day Off	2-3 miles easy running	<b>RACE DAY!!!</b>

*Cut Back Week*

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**Athlete must be able to run non-stop for a duration of 5-6 miles at any pace to start this program.**

-Easy running: Low intensity, conversational pace.

-Goal Half-Marathon Race Pace: (GHMRP) is the pace you are aiming to sustain for the Half-Marathon distance.

These workouts start with a 1-2 mile warm up and end with a 1-2 mile cool down

-Half-Marathon Simulation Run (Every other Saturday):

First half segment of run is performed at 60 sec/mile slower than GHMRP or easy pace, second half segment is performed at Goal Half-Marathon Race Pace.

-Long Runs (Every other Saturday): These runs are performed at 50-60 seconds slower per mile than GHMRP.

-Anaerobic threshold repeats: (AT) These repeats (1/2 mile-2 mile) should be performed at approximately 10km race pace.

These workouts start with a 1-2 mile warm up and end with a 1-2 mile cool down

-The recovery interval between the repeats is 1:30-3:00. The recovery interval should consist of walking or easy running before performing the next repeat.

-Strides: Gentle sprints. Smooth, relaxed and easy running accelerations lasting about 10-15 seconds or 60-80 yards/meters. Reach a speed of about 80% of max.

Rest about 1-2 minutes between strides

-Easy Running/Off Day: This is an optional run. If you are feeling tired, take the day off and rest up for the remainder of the week.

-Cross-Training on Sunday: Low intensity, easy training, Zone 1, 55-65% of max heart rate, used to help recover from long run on Saturday. Biking, elliptical, swimming, non impact activities