












HALF MARATHON TRAINING PLAN

week

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MON	TUE <i>race pace</i>	WED	THUR <i>intervals</i>	FRI	SAT	SUN <i>slow pace</i>
REST	3 MILES		2 X 800	REST	3 MILES	4 MILES
REST	3 MILES		2 X 800	REST	3 MILES	5 MILES
REST	3.5 MILES		3 x 800	REST	3 MILES	6 MILES
REST	3.5 MILES		3 X 800	REST	3 MILES	4 MILES
REST	4 MILES		4 X 800	REST	3 MILES	6 MILES
REST	4 MILES		4 X 800	REST	3 MILES	8 MILES
REST	5 MILES		2 X 800	REST	3 MILES	9 MILES
REST	5 MILES		4 X 800	REST	3 MILES	6 MILES
REST	5 MILES		2 X 800	REST	3 MILES	10 MILES
REST	5 MILES		2 X 800	REST	3 MILES	11 MILES
REST	4 MILES		2 X 800	REST	3 MILES	7 MILES
REST	3 MILES	3 MILES	REST	EASY 2 MILES	RACE DAY	REST