

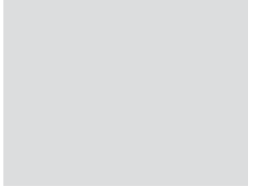





# 12 WEEK SCHEDULE FOR HALF-MARATHON

Target Time: 2hr

key  rest  
 training

	monday	tuesday	wednesday	thursday	friday	saturday	sunday	total mileage	
week 1	3 miles easy 11 mins/mile		4 miles steady inc 2 miles hard 1 mile easy 10 mins/mile	4 miles steady 10 mins/mile		3 miles faster 9 mins/mile	6 miles 10 mins/mile	20	
week 2	4 miles easy 11 mins/mile		5 miles steady inc 3 mins hard 1.5 mins jog x 4 10 - 9 mins/mile	4 miles steady 10 - 9 mins/mile		5 miles steady 20 mins hard in middle 10 mins/mile	8 miles 10 mins/mile	26	
week 3	5 miles easy 11 mins/mile		5 miles steady inc 25 mins hard in middle 10 - 9 mins/mile	5 miles steady 9.5 mins/mile		1 mile easy 6 x 800m hard 400m jog 1 mile easy 10 - 8 mins/mile	9 miles 10 mins/mile	29	
week 4	5 miles steady 11 mins/mile		1 mile warm up 4 x 1000m (5k pace) 400m jog recovery 1 mile cool down	6 miles steady 9.5 mins/mile		3 miles easy 11 mins/mile	10k race target time 53 mins 1 mile warm up and cool down	28	
week 5	5 miles steady 11 mins/mile		1 mile warm up 10 x 400m (5k pace) 200m jog recovery 1 mile cool down	6 miles steady 9.5 mins/mile		5 miles steady inc 30 mins hard 10 - 8.5 mins/mile	10 miles 10 mins/mile	32	
week 6	6 miles easy 11 mins/mile		1 mile easy 4 x 1 mile 400m jog recovery 1 mile easy 11 mins/mile	7 miles steady 10 mins/mile		5 miles easy 11 mins/mile	10 mile race or time trial target time 90 mins 1 mile warm up and cool down 9 mins/mile	37	



# 12 WEEK SCHEDULE FOR HALF-MARATHON

Target Time: 2hr

key rest training

	monday	tuesday	wednesday	thursday	friday	saturday	sunday	total mileage	
week 7	6 miles easy 11 mins/mile		2 miles steady 10 x 200m hard 100m jog 2 miles steady 10 mins/mile	7 miles steady 10 mins/mile		2 miles steady 2 miles hard 2 miles steady 9 - 10 mins/mile	12 miles 10 mins/mile	36	
week 8	6 miles easy 11 mins/mile		1 mile easy 4 x 1 mile 400m jog recovery 1 mile easy 11 mins/mile	8 miles steady 10 mins/mile		6 miles steady inc 3 miles fartlek 10 - 8 mins/mile	13 miles 10 mins/mile	40	
week 9	4 miles easy 11 mins/mile		1 mile easy 12 x 400m 200m jog recovery 1 mile easy 11 mins/mile	8 miles steady 10 mins/mile		1 mile easy 3 miles hard 1 mile easy 11 - 9 mins/mile	15 miles 10 mins/mile	38	
week 10	4 miles easy 11 mins/mile		1 mile easy 4 x 1000m (5k pace) 400m jog recovery 1 mile easy 11 mins/mile	9 miles steady 9.5 mins/mile		5 mile steady 10 mins/mile	10k race target time 50 mins 1 mile warm up and warm down	32	
week 11	5 miles easy 11 mins/mile		1 mile easy 3 x 1mile 400m jog recovery 1 mile easy 10 - 7 mins/mile	4 miles steady 9.5 mins/mile		4 miles steady inc 2 miles fartlek 9 mins/mile	8 miles race pace target time 72 mins	29	
week 12	4 miles easy 11 mins/mile		4 miles steady 6 x 200m strides 10 mins/mile	3 miles steady 4 x 150m strides 10mins/mile		3 miles easy 11 mins/mile	1/2 marathon race target time 2 hours 1 mile warm up and cool down	30	