**HALF MARATHON TRAINING PROGRAM**

**This program is based on the Beginner Half Marathon Program, which can be found at coolrunning.com**

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| **WEEK** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** | **SUN** |
| 1 | OFF | Fartlek  7K | 7K | 7K | OFF | 5K | 10K |
| 2 | OFF | Fartlek  7K | 8K | 5K | OFF | 5K | 12K |
| 3 | OFF | Hill Work:  4-5 hills | 8K | 5K | OFF | 5K | 10K |
| 4 | OFF | Hill Work:  3-4 long hills | 5K | 7K | OFF | 5K | 13K |
| 5 | OFF | Hill Work:  5-6 hills | 5K | 7K | OFF | 5K | 12K |
| 6 | OFF | Intervals:  3 x 2K | 7K | 10K | OFF | 8K | 15K |
| 7 | OFF | Intervals:  3 x 2K | 5K | 8K | OFF | 5K | 12K |
| 8 | OFF | Intervals:  6 x (2 laps) | 13K | 10K | OFF | 8K | 16K |
| 9 | OFF | Intervals:  6 x (2 laps) | 7K | 12K | OFF | 5K | 16K |
| 10 | OFF | Intervals:  4 x 2k | 10K | 12K | OFF | 10K | 20K |
| 11 | OFF | Intervals:  4 x 2k | 10K | 12K | OFF | 10K | 20K |
| 12 | OFF | 8K | 8K | 13K | OFF | 5K | 13K |
| 13 | OFF | 8K | 8K | 13K |  | 5K | **RACE DAY** |