

1/2 Marathon Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
week 1	5 mile base run	cross train - 60:00	60:00 interval workout	6 mile tempo run	cross train - 60:00	6 mile base run	off	base
week 2	5 mile base run	cross train - 60:00	60:00 interval workout	6 mile tempo run	cross train - 60:00	7 mile base run	off	base
week 3	5 mile base run	cross train - 60:00	60:00 interval workout	6 mile tempo run	cross train - 60:00	8 mile base run	off	base
week 4	5 mile base run	cross train - 60:00	60:00 interval workout	6 mile tempo run	cross train - 60:00	6 mile base run	off	recovery
week 5	6 mile base run	cross train - 60:00	60:00 interval workout	6 mile tempo run	cross train - 60:00	8 mile base run	off	base
week 6	6 mile base run	cross train - 60:00	60:00 interval workout	6 mile tempo run	cross train - 60:00	9 mile base run	off	base
week 7	6 mile base run	cross train - 60:00	60:00 interval workout	6 mile tempo run	cross train - 60:00	10 mile base run	off	build
week 8	5 mile base run	cross train - 60:00	60:00 interval workout	6 mile tempo run	cross train - 60:00	6 mile base run	off	recovery
week 9	7 mile base run	cross train - 60:00	60:00 interval workout	6 mile tempo run	cross train - 60:00	12 mile base run	off	base
week 10	7 mile base run	cross train - 60:00	60:00 interval workout	6 mile tempo run	cross train - 60:00	12 mile base run	off	build
week 11	7 mile base run	cross train - 60:00	60:00 interval workout	6 mile tempo run	cross train - 60:00	9 mile base run	off	build
week 12	6 mile base run	cross train - 60:00	off	6 mile tempo run	cross train - 60:00	off	race day	taper

Training Key

- Base Run** Easy to moderate effort. Heart Rate or Perceived Exertion between 75-80% of max. Course should be mainly flat. Effort very sustainable
- Tempo Run** Moderate to hard effort. Strong but sustainable effort with HR or PE between 80-90% of max. Great time for small hills or to push comfort zone slightly
- Intervals** Hard to max efforts with equal recovery or longer. Track work, hill repeats and treadmill sets all work great. Efforts well above comfort zone
- Cross-Train** Can be anything but running. Cardio machine for 60:00 or a class like cycling, yoga, pilates.