

Half Marathon Training Program

	Mon	Tues	Wed	Thurs	Fri	Sa	Su	Weekly Total
WK 1	3 miles	3 miles	Off/XT	3 miles	Off/XT	3 miles	Off/XT	12
WK 2	3 miles	3 miles	Off/XT	3 miles	Off/XT	3 miles	Off/XT	12
WK 3	3 miles	3 miles-tempo	Off/XT	3 miles	Off/XT	4 miles-LSD	Off/XT	13
WK 4	2 miles	3 miles-easy	Off/XT	3 miles	Off/XT	3 miles-LSD	Off/XT	11
WK 5	3 miles	2.75 miles-pyr.	Off/XT	3 miles	Off/XT	4 miles-LSD	Off/XT	12.75
WK 6	3 miles	4 miles-tempo	Off/XT	3 miles	Off/XT	4 miles-LSD	Off/XT	14
WK 7	3 miles	4 miles-track	Off/XT	3 miles	Off/XT	5 miles-LSD	Off/XT	15
WK 8	3 miles	3 miles-easy	Off/XT	3 miles	Off/XT	3 miles-LSD	Off/XT	12
WK 9	3 miles	4 miles-tempo	Off/XT	3 miles	Off/XT	5 miles-LSD	Off/XT	15
WK 10	3 miles	5.5 miles-track	Off/XT	3 miles	Off/XT	5 miles-LSD	Off/XT	16.5
WK 11	3 miles	5 miles-tempo	Off/XT	3 miles	Off/XT	6 miles-LSD	Off/XT	17
WK 12	3 miles	3 miles-easy	Off/XT	3 miles	Off/XT	4 miles-LSD	Off/XT	13

WK 13	3 miles	4.5 miles-pyramid	Off/XT	3 miles	Off/XT	6 miles-LSD	Off/XT	16.5
WK 14	3 miles	5 miles-tempo	Off/XT	3 miles	Off/XT	7 miles-LSD	Off/XT	18
WK 15	3 miles	5.5 miles-track	Off/XT	3 miles	Off/XT	8 miles-LSD	Off/XT	19.5
WK 16	3 miles	3 miles-easy	Off/XT	3 miles	Off/XT	4 miles-LSD	Off/XT	13
WK 17	3 miles	5 miles-tempo	Off/XT	3 miles	Off/XT	8 miles-LSD	Off/XT	19
WK 18	3 miles	7 miles-track	Off/XT	3 miles	Off/XT	9 miles-LSD	Off/XT	22
WK 19	3 miles	6 miles-tempo	Off/XT	3 miles	Off/XT	10 miles-LSD	Off/XT	22
WK 20	3 miles	4 miles-easy	Off/XT	3 miles	Off/XT	4 miles-LSD	Off/XT	14
WK 21	3 miles	6.75 miles-pyr.	Off/XT	3 miles	Off/XT	10 miles-LSD (embed 3 mile tempo into 10 miles)	Off/XT	22.75
WK 22	3 miles	7 miles-tempo	Off/XT	3 miles	Off/XT	12 miles-LSD	Off/XT	25
WK 23	3 miles	7 miles-track	Off/XT	3 miles	Off/XT	10 miles-LSD (embed 3 mile tempo into 10 miles)	Off/XT	23
WK 24	3 miles	4 miles-track	Off/XT	2 miles	Off/XT	13.1 miles	Off/XT	22.1

By Kerry Howell, MS, ACSM HFS, ACSM CET