

Half Marathon Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	PT / Endurance Focused Lift	30 min or OFF	6-8 x 400m @ HM-10K w/ 400m jog recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	75 - 90 min	30 min or OFF
2	PT / Endurance Focused Lift	30 min or OFF	4-6 x 800m @ HM w/ 2 min jog recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	75 - 90 min	30 min or OFF
3	PT / Endurance Focused Lift	30 min or OFF	3-5 x 1 mile @ M-HM w/ 1 min walk recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	75 - 90 min	30 min or OFF
4	PT / Endurance Focused Lift	30 min or OFF	45 min run	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	10 miles	30 min or OFF
5	PT / Endurance Focused Lift	30 - 40 min or OFF	10 - 12 x 45 sec hill w/ jog down recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	12 miles	30 - 40 min of OFF
6	PT / Endurance Focused Lift	30 - 40 min or OFF	25-35 min Continuous @ M	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	14 miles	30 - 40 min or OFF
7	PT / Endurance Focused Lift	30 - 45 min or OFF	8 - 10 x 60 sec hill w/ jog down recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	12 miles	30 - 45 min or OFF
8	PT / Endurance Focused Lift	30 - 45 min or OFF	45 min run	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	10 miles	30 - 45 min or OFF
9	PT / Endurance Focused Lift	30 - 40 min or OFF	8-10 x 400m @ 10K-5K w/ 400m jog recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	8 miles	30 - 40 min or OFF
10	PT / Endurance Focused Lift	30 - 40 min or OFF	3- 4 x 5 min @ HM w/ 1 min	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	13.1	30 min or OFF