



## 8-WEEK HALF MARATHON TRAINING SCHEDULE

**RACE DATE: SUNDAY, AUGUST 15, 2021**

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6/19/21	6-8 miles	3-4 miles easy	off or cross train 30-45 minutes	4-5 miles	cross train or 3-4 miles easy	4-5 miles	off
6/26/21	6-8 miles	3-4 miles easy	off or cross train 30-45 minutes	4-5 miles	cross train or 3-4 miles easy	4-5 miles	off
7/3/21	9-10 miles	3-4 miles easy	off or cross train 30-45 minutes	4-5 miles	cross train or 3-4 miles easy	4-5 miles	off
7/10/21	8 miles	3-4 miles easy	off or cross train 30-45 minutes	4-5 miles	cross train or 3-4 miles easy	4-5 miles	off
7/17/21	10-11 miles	3-4 miles easy	off or cross train 30-45 minutes	4-5 miles	cross train or 3-4 miles easy	4-5 miles	off
7/24/21	8 miles	3-4 miles easy	off or cross train 30-45 minutes	4-5 miles	cross train or 3-4 miles easy	4-5 miles	off
7/31/21	11-12 miles	3-4 miles easy	off or cross train 30-45 minutes	4-5 miles	cross train or 3-4 miles easy	4-5 miles	off
8/7/21	8 miles	3-4 miles easy	off or cross train 30-45 minutes	4-5 miles	cross train or 3-4 miles easy	off	2-3 miles easy
8/14/21	off	RACE DAY!	off	3-4 miles	cross train or 3-4 miles easy	3-4 miles	off