

Any Half Marathon – Experienced Training Schedule

Week	Starting Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1		6-8 miles	35 min easy	cross train	40 min with 20 min tempo	cross train	40 min hills	off
2		7-9 miles	35 min easy	cross train	40 min with 20 min tempo	cross train	40 min hills	off
3		8-10 miles	35 min easy	cross train	45 min with 25 min tempo	cross train	45 min hills	off
4		9-11 miles	40 min easy	cross train	45 min with 25 min tempo	cross train	45 min hills	off
5		10-12 miles	40 min easy	cross train	50 min with 30 min tempo	cross train	50 min hills	off
6		10-12 miles	40 min easy	cross train	50 min easy	cross train	50 min hills	off
7		8-10 miles	45 min easy	cross train	55 min with 35 min tempo	cross train	55 min hills	off
8		11-13 miles	45 min easy	cross train	55 min easy	cross train	55 min hills	off
9		8-10 miles	45 min easy	cross train	60 min 40 min tempo	cross train	60 min hills	off
10		12-14 miles	45 min easy	cross train	60 min easy	cross train	60 min hills	off
11		8 miles	40 min easy	cross train	40 min easy	cross train	30 min easy	20 min easy walk
12		off	Race	20 min easy walk	30 min easy	cross train	40 min easy	off