

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	35 min easy	cross train	45 min with 25 min tempo	cross train	45 min hills	off
5		10-12 miles	35 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	40 min easy	cross train	55 min with 35 min tempo	cross train	55 min hills	off
8		11-13 miles	40 min easy	cross train	55 min easy	cross train	55 min hills	off
9		8-10 miles	40 min easy	cross train	60 min 40 min tempo	cross train	60 min hills	off
10		12-14 miles	40 min easy	cross train	60 min easy	cross train	60 min hills	off
11		8 miles	35 min easy	cross train	40 min easy	cross train	30 min easy	20 min easy walk
12		off	Race					