

Half-Marathon Training Program

	Long Run	Mid Run	Fun Run
09-Jun-14	3 miles easy	3 miles easy	
16-Jun-14	3 miles easy	3 miles easy	
23-Jun-14	4 miles easy	3 miles easy	3 miles easy
30-Jun-14	4 miles	4 miles easy	3 miles quicker pace
07-Jul-14	4 miles	4 miles easy	3 miles quicker pace
14-Jul-14	3 miles easy	3 miles easy	3 miles easy
21-Jul-14	5 miles	4 miles	3 miles quicker pace
28-Jul-14	5 miles	4 miles	4 miles
04-Aug-14	6 miles	4 miles	3 miles quicker pace
11-Aug-14	6 miles	4 miles	4 miles
18-Aug-14	5 miles	3 miles fast	3 miles easy
25-Aug-14	7 miles	5 miles	4 miles
01-Sep-14	7 miles	5 miles	4 miles
08-Sep-14	3 miles easy	3 miles easy	3 miles easy
15-Sep-14	8 miles	5 miles	4 miles
22-Sep-14	8 miles	5 miles	4 miles
29-Sep-14	9 miles	5 miles	4 miles
06-Oct-14	5 miles	4 miles	3-4 miles
13-Oct-14	9 miles	6 miles	4 miles
20-Oct-14	10 miles	4 miles	4 miles
27-Oct-14	7 miles	6 miles	4 miles
03-Nov-14	11 miles	4 miles easy	4 miles easy
10-Nov-14	6 miles easy	4 miles easy	To Vegas!!!

Boxes in yellow are recovery weeks

Use the months of June and July as a base mileage building phase. Try to run 3x week (2x for the first couple of weeks). For "easy" pace runs, run slower than you think you should. This is important! When you finish, you should feel like it was really easy. If anything is hurting, change the "quicker pace" runs to easy or regular pace.

The yellow recovery weeks are very important. You can move them around but make sure to cut back your training every few weeks to allow your body to recover.

By the end of August, try to be comfortable with an approx 6 mile run. The pace should not be pushed on those long runs. Run at whatever pace feels comfortable. If you start to feel tired, don't walk - just slow down the pace to a gentle jog.

The long runs start to lengthen over September. If you are running pain-free and want to target a specific finishing time, change the 4 miles to a 45 minute run pushing the pace. Notice the recovery week in the midst of these long runs. Make sure you do it. Your body needs some time to catch up with the training load.

Race day is getting near!!!! You can do this. Take the long runs slowly - don't push the pace. Taper after the 11 mile run. Keep running but keep the pace very gentle.