

# 10K to Half Marathon

WEEK	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	REST	<b>Speed Play</b> 40 min Easy with 4 x 30 sec Hard sprinkled in	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Fast Finish Run</b>  30 min Easy + 10 min Moderate	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Run Easy or Non-Impact Cardio</b>  30 min	<b>Long Run</b>  6 miles Easy
2	REST	<b>Speed Play</b> 40 min Easy with 6 x 30 sec Hard sprinkled in	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Fast Finish Run</b>  35 min Easy + 10 min Moderate	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Run Easy or Non-Impact Cardio</b>  30 min	<b>Long Run</b>  7 miles Easy
3	REST	<b>Speed Play</b> 40 min Easy with 8 x 30 sec Hard sprinkled in	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Fast Finish Run</b>  40 min Easy + 10 min Moderate	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Run Easy or Non-Impact Cardio</b>  30 min	<b>Long Run</b>  8 miles Easy
4	REST	<b>Speed Play</b> 40 min Easy with 4 x 30 sec Hard sprinkled in	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Fast Finish Run</b>  30 min Easy + 10 min Moderate	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Run Easy or Non-Impact Cardio</b>  30 min	<b>Long Run</b>  5 miles Easy
5	REST	<b>Hill Reps</b> 10 min Easy + 6 x (1 min Hard uphill/2 min Easy) + 10 min Easy	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Tempo Run</b> 15 min Easy + 15 min Moderate + 15 min Easy	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Run Easy or Non-Impact Cardio</b>  30 min	<b>Long Run</b>  10 miles Easy
6	REST	<b>Hill Reps</b> 10 min Easy + 7 x (1 min Hard uphill/2 min Easy) + 10 min Easy	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Tempo Run</b> 15 min Easy + 18 min Moderate + 15 min Easy	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Run Easy or Non-Impact Cardio</b>  30 min	<b>Long Run</b>  12 miles Easy
7	REST	<b>Hill Reps</b> 10 min Easy + 8 x (1 min Hard uphill/2 min Easy) + 10 min Easy	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Tempo Run</b> 15 min Easy + 20 min Moderate + 15 min Easy	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Run Easy or Non-Impact Cardio</b>  30 min	<b>Long Run</b>  8 miles Easy
8	REST	<b>Speed Play</b> 40 min Easy with 8 x 30 sec Hard sprinkled in	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Fast Finish Run</b> 40 min Easy + 10 min Moderate	<b>OPTIONAL Non-Impact Cardio</b>  30 min	<b>Half Marathon</b> <i>(rest opposite day)</i>	