

Half Marathon to Marathon

WEEK	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	REST	Speed Play 40 min Easy with 4 x 1 min Hard sprinkled In	Run Easy or Non-Impact Cardio 30 min	Tempo Run 15 min Easy + 20 min Moderate + 15 min Easy	OPTIONAL Non-Impact Cardio 30 min	Run Easy or Non-Impact Cardio 30 min	Long Run 12 miles Easy
2	REST	Speed Play 45 min Easy with 4 x 2 min Hard sprinkled In	Run Easy or Non-Impact Cardio 35 min	Tempo Run 15 min Easy + 22 min Moderate + 15 min Easy	OPTIONAL Non-Impact Cardio 30 min	Run Easy or Non-Impact Cardio 30 min	Long Run 14 miles Easy
3	REST	Speed Play 50 min Easy with 4 x 3 min Hard sprinkled In	Run Easy or Non-Impact Cardio 40 min	Tempo Run 15 min Easy + 24 min Moderate + 15 min Easy	OPTIONAL Non-Impact Cardio 30 min	Run Easy or Non-Impact Cardio 40 min	Long Run 16 miles Easy
4	REST	Speed Play 40 nub Easy with 4 x 1 min Hard sprinkled In	Run Easy or Non-Impact Cardio 30 min	Fast Finish 30 min Easy + 10 min Moderate	OPTIONAL Non-Impact Cardio 30 min	Run Easy or Non-Impact Cardio 30 min	Long Run 10 miles Easy
5	REST	Speed Play 55 min Easy with 4 x 4 min Hard sprinkled In	Run Easy or Non-Impact Cardio 45 min	Tempo Run 15 min Easy + 26 min Moderate + 15 min Easy	OPTIONAL Non-Impact Cardio 30 min	Run Easy or Non-Impact Cardio 45 min	Marathon Simulator Run 1 mile Easy + 16.2 miles @ marathon goal pace
6	REST	Speed Play Run 1 hour Easy with 4 x 5 min Hard sprinkled In	Run Easy or Non-Impact Cardio 50 min	Tempo Run 15 min Easy + 28 min Moderate + 15 min Easy	OPTIONAL Non-Impact Cardio 30 min	Run Easy or Non-Impact Cardio 50 min	Long Run 20 miles Easy
7	REST	Speed Play Run 45 min Easy with 4 x 3 min Hard sprinkled In	Run Easy or Non-Impact Cardio 45 min	Tempo Run 15 min Easy + 30 min Moderate + 15 min Easy	OPTIONAL Non-Impact Cardio 30 min	Run Easy or Non-Impact Cardio 45 min	Long Run 10 miles Easy
8	REST	Speed Play 40 min Easy with 4 x 1 min Hard sprinkled In	Run Easy or Non-Impact Cardio 30 min	Fast Finish 20 min Easy + 10 min Moderate	OPTIONAL Non-Impact Cardio 20-30 min	Marathon (rest opposite day)	