

14-WEEK HALF MARATHON TRAINING PLAN, PART 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1				5K Run	Day off or 2 miles easy	2.5 miles easy	5 miles, last 3 miles a bit faster
2	OFF	2.5 miles easy	1 mile easy, 5 x 1 min fast, 1 min slow, 1 mile easy	2.5 miles easy	Day off or 2 miles easy	3 miles easy	5 miles
3	OFF	2.5 miles easy	1.5 miles easy, 6 x 1 min fast, 1 min slow, 1 mile easy	2.5 miles easy	Day off or 2 miles easy	3 miles easy	5.5 miles, middle 2 miles faster
4	OFF	2.5 miles easy	1.5 miles easy, 8 x 1 min fast, 1 min slow, 1 mile easy	2.5 miles easy	Day off or 2 miles easy	3.5 miles easy	6 miles
5	OFF	3 miles easy	1.5 miles easy, 10 x 1 min fast, 1 min slow, 1 mile easy	3 miles easy	2.5 miles easy	3.5 miles easy	6 miles, last mile faster
6	OFF	2.5 miles easy	2 miles easy, 10 x 1 min fast, 1 min slow, 1.5 miles easy	Day off or 2.5 miles easy	5 miles easy	3 miles easy	7 miles
7	OFF	3 miles easy	2 miles easy, 12 x 1 min fast, 1 min slow, 1.5 miles easy	Day off or 2.5 miles easy	5 miles, last mile faster	3.5 miles easy	8 miles, last mile faster

14-WEEK HALF MARATHON TRAINING PLAN, PART 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8	OFF	3.5 miles easy	2 miles easy, 12 x 1 min fast, 1 min slow, 1.5 miles easy	Day off or 2.5 miles easy	6 miles	2.5 miles easy	9 miles
9	OFF	4 miles easy	2 miles easy, 14 x 1 min fast, 1 min slow, 1.5 miles easy	Day off or 2.5 miles easy	5 miles, last mile faster	2.5 miles easy	10 miles
10	OFF	3 miles easy	2 miles easy, 8 x 2 min fast, 1 min slow, 1.5 miles easy	2.5 miles easy	6 miles	5 miles easy	11 miles
11	OFF	4 miles easy	2 miles easy, 10 x 2 min fast, 1 min slow, 1.5 miles easy	4 miles easy	6.5 miles	5 miles	12 miles
12	OFF	4 miles easy	2 miles easy, 14 x 1 min fast, 30 sec slow, 1.5 miles easy	3 miles easy	5 miles, last mile faster	3 miles easy	7 miles
13	OFF	4 miles easy	2 miles easy, 12 x 1 min fast, 1 min slow, 1.5 miles easy	Day off or 2 miles easy	5 miles, middle 2 miles at goal race pace	2 miles easy	7 miles
14	OFF	5 miles, last mile faster	2 miles easy, 10 x 1 min fast, 1 min slow, 1 mile easy	2.5 miles easy	2 miles easy, 1 mile at race pace, 1 mile easy, 1 mile at race pace	3 miles easy, 4 x 10 second pickups / strides	2 miles

**RACE
DAY
SUNDAY!**