			Half Mara				011015 537
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week	Speed	Cross	Strength	Speed	Rest	4 mile run	Strength
1	Work	Train	Train/Cross	Work			Train/Cross
			Train				Train
Week	Speed	Cross	Strength	Speed	Rest	5 mile run	Strength
2	Work	Train	Train/Cross	Work			Train/Cross
			Train				Train
Week	Speed	Cross	Strength	Speed	Rest	6 mile run	Strength
3	Work	Train	Train/Cross	Work			Train/Cross
			Train				Train
Week	Speed	Cross	Strength	Speed	Rest	6 mile run	Strength
4	Work	Train	Train/Cross	Work			Train/Cross
			Train				Train
Week	Speed	Cross	Strength	Speed	Rest	7 mile run	Strength
5	Work	Train	Train/Cross	Work	11000	7 111110 1011	Train/Cross
	Work	- Train	Train	WOIK			Train
Week	Speed	Cross	Strength	Speed	Rest	8 mile run	Strength
6	Work	Train	Train/Cross	Work	il i	o ninic run	Train/Cross
O	VVOIK	ITalli	Train	VVOIK			Train
Week	Cnood	Cross		Cnood	Doct	10 mile	
	Speed Work	Train	Strength	Speed Work	Rest	_	Strength
7	WOLK	ITalli	Train/Cross	VVOIK		run	Train/Cross
14/	Connect	Current	Train	Const	D = ='	42	Train
Week	Speed	Cross	Strength	Speed	Rest	12 mile	Strength
8	Work	Train	Train/Cross	Work		run (aim	Train/Cross
			Train			for race	Train
						pace)	
Week	Speed	Cross	Strength	Speed	Rest	10 mile	Strength
9	Work	Train	Train/Cross	Work		run <i>(aim</i>	Train/Cross
			Train			for race	Train
						pace)	
Week	Speed	Cross	Strength	Speed	Rest	Race 13.1	Rest
10	Work	Train	Train/Cross	Work		miles	
			Train				

## **NOTES:**

**Strength Train/Cross Train**: do either or both; strength training incorporates lifting weights and working on core; cross training may include yoga, pilates, biking, swimming, jumping rope, etc. Be sure to stretch well on these days.

**Speed Work**: not all training programs will incorporate speed work, but if you want to improve your time this is an important component to your training program. My speed work will include sprints on some days and hill work on others. If you are not feeling up for a speed workout replace it with a jog.

**Rest**: Rest is important to any running plan. You can do light exercise if you feel the need (i.e. go for a walk or a light jog) but you should take it easy on that day to give your body time to recuperate. You also can take other days of rest if your body is telling you it is needed.