

10-Week Half Marathon Training Program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Speed Work	Cross Train	Strength Train/Cross Train	Speed Work	Rest	4 mile run	Strength Train/Cross Train
Week 2	Speed Work	Cross Train	Strength Train/Cross Train	Speed Work	Rest	5 mile run	Strength Train/Cross Train
Week 3	Speed Work	Cross Train	Strength Train/Cross Train	Speed Work	Rest	6 mile run	Strength Train/Cross Train
Week 4	Speed Work	Cross Train	Strength Train/Cross Train	Speed Work	Rest	6 mile run	Strength Train/Cross Train
Week 5	Speed Work	Cross Train	Strength Train/Cross Train	Speed Work	Rest	7 mile run	Strength Train/Cross Train
Week 6	Speed Work	Cross Train	Strength Train/Cross Train	Speed Work	Rest	8 mile run	Strength Train/Cross Train
Week 7	Speed Work	Cross Train	Strength Train/Cross Train	Speed Work	Rest	10 mile run	Strength Train/Cross Train
Week 8	Speed Work	Cross Train	Strength Train/Cross Train	Speed Work	Rest	12 mile run (<i>aim for race pace</i>)	Strength Train/Cross Train
Week 9	Speed Work	Cross Train	Strength Train/Cross Train	Speed Work	Rest	10 mile run (<i>aim for race pace</i>)	Strength Train/Cross Train
Week 10	Speed Work	Cross Train	Strength Train/Cross Train	Speed Work	Rest	Race 13.1 miles	Rest

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.