

Half Marathon Advanced



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	3-mile run	6 X hill	3-mile run	40 min.	Rest	3-mile run	90 min. run
2	3-mile run	7 X 400	3-mile run	45 min.	Rest	3-mile pace	90 min. run
3	3-mile run	7 X hill	3-mile run	30 min.	Rest	Rest	5K Race
4	3-mile run	8 X 400	3-mile run	40 min.	Rest	3-mile run	90 min. run
5	3-mile run	8 X hill	3-mile run	45 min.	Rest	3-mile pace	90 min. run
6	3-mile run	8 X 400	3-mile run	30 min.	Rest	Rest	10K Race
7	3-mile run	4 X 800	3-mile run	45 min.	Rest	4-mile pace	105 min. run
8	3-mile run	3 X 1600	3-mile run	50 min.	Rest	5-mile pace	105 min. run
9	3-mile run	5 X 800	3-mile run	30 min.	Rest	Rest	15K Race
10	3-mile run	4 X 1600	3-mile run	55 min.	Rest	5-mile pace	120 min. run
11	3-mile run	6 X 800	3-mile run	60 min.	Rest	3-mile pace	120 min. run
12	3-mile run	6 X 400	2-mile run	30 min.	Rest	Rest	Half Marathon