



INTERMEDIATE HALF MARATHON TRAINING CALENDAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Walk 10 minutes, 3 miles easy + 3 striders	Walk 15 minutes and Strength/Mobility	4 miles easy	Walk 10 minutes, 3 miles easy, Walk 5 minutes	Rest	4 miles easy	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 2	Walk 10 minutes, 3 miles easy + 3 striders	Walk 15 minutes and Strength/Mobility	1 mile easy, 1 mile @20-30 seconds faster than easy pace, 1 mile easy, 1 mile @20-30 seconds per mile faster than easy pace	Walk 10 minutes, 3 miles easy, Walk 5 minutes	Rest	5 miles easy	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 3	Walk 10 minutes, 4 miles easy + 4 striders	Walk 15 minutes and Strength/Mobility	1 mile easy, 1 minute @10k pace/90 seconds easy x 8, 1 mile easy	Walk 10 minutes, 3 miles easy, Walk 5 minutes	Rest	6 miles easy	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 4	Walk 10 minutes, 4 miles easy + 4 striders	Walk 15 minutes and Strength/Mobility	1 mile easy, 2 miles @20-30 seconds faster than easy pace, 1 mile easy	Walk 10 minutes, 3 miles easy, Walk 5 minutes	Rest	6 miles easy with 1 minute @10K pace at the beginning of each mile after the first mile	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 5	Walk 10 minutes, 4 miles easy + 4 striders	Walk 15 minutes and Strength/Mobility	4 miles easy	Walk 10 minutes, 3 miles easy, Walk 5 minutes	Rest	7 miles easy	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 6	Walk 10 minutes, 4 miles easy + 4 striders	Walk 15 minutes and Strength/Mobility	2 miles easy, 2 miles @20-30 seconds faster than easy pace, 1 mile easy	Walk 10 minutes, 3 miles easy, Walk 5 minutes	Rest	8 miles easy	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 7	Walk 10 minutes, 4 miles easy + 4 striders	Walk 15 minutes and Strength/Mobility	1 mile easy, 90" @10k pace/2' easy x 6, 1 mile easy	Walk 10 minutes, 4 miles easy, Walk 5 minutes	Rest	3 miles easy, 3 miles @20-30 seconds faster than easy pace, 2 miles easy	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 8	Walk 10 minutes, 4 miles easy + 4 striders	Walk 15 minutes and Strength/Mobility	5 miles easy	Walk 10 minutes, 3 miles easy, Walk 5 minutes	Rest	9 miles easy	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 9	Walk 10 minutes, 5 miles easy + 4 striders	Walk 15 minutes and Strength/Mobility	2 miles easy, 3 miles @ goal HMP, 1 mile easy	Walk 10 minutes, 4 miles easy, Walk 5 minutes	Rest	10 miles easy	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 10	Walk 10 minutes, 5 miles easy + 4 striders	Walk 15 minutes and Strength/Mobility	2 miles easy, 90" @10k pace/2' easy x 6, 1 mile easy	Walk 10 minutes, 4 miles easy, Walk 5 minutes	Rest	2 miles easy, 4 miles @goal HMP, 2 miles easy	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 11	Walk 10 minutes, 4 miles easy, Walk 5 minutes	Walk 15 minutes and Strength/Mobility	5 miles easy + 4 striders	Walk 10 minutes, 4 miles easy, Walk 5 minutes	Rest	11 miles easy	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 12	Walk 10 minutes, 5 miles easy + 4 striders	Walk 15 minutes and Strength/Mobility	2 miles easy, 90" @10k pace/2' easy x 6, 1 mile easy	Walk 10 minutes, 4 miles easy, Walk 5 minutes	Rest	3 miles easy, 6 miles @goal HMP, 2 miles easy	Walk 15 minutes, Run 10 minutes easy, and Strength/Mobility
WEEK 13	Walk 10 minutes, 3 miles easy + 4 striders	Walk 20 minutes	1 mile easy, 1 minute @10k pace/1 minute easy x 6, 1 mile easy	Walk 10 minutes, 2 miles easy, Walk 5 minutes	Rest	6 miles easy	Walk 20 minutes
WEEK 14	Walk 10 minutes, 3 miles easy, Walk 5 minutes	Walk 20 minutes	1.5 miles easy, 1'@10k pace with 2' easy x 4	Walk 10 minutes, 2 miles easy, Walk 5 minutes	Rest	Walk 20 minutes	RACE DAY!