

### Half Marathon Training Schedule: Novice

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	1/10/22 – 1/16/22	60 min cross	Rest	3 m run	3 m run	3 m run	4 m run
2	1/17/22 – 1/23/22	60 min cross	Rest	3 m run	3 m pace	3 m run	5 m run
3	1/24/22 – 1/30/22	60 min cross	Rest	3 m run	4 m run	3 m run	6 m run
4	1/31/22 – 2/6/22	60 min cross	Rest	3 m run	4 m pace	3 m run	7 m run
5	2/7/22 – 2/13/22	60 min cross	Rest	3 m run	4 m run	3 m run	8 m run
6	2/14/22 – 2/20/22	60 min cross	Rest	3 m run	4 m pace	3 m run	<b>5-K Race</b>
7	2/21/22 – 2/27/22	60 min cross	Rest	3 m run	5 m run	3 m run	9 m run
8	2/28/22 – 3/6/22	60 min cross	Rest	3 m run	5 m pace	3 m run	10 m run
9	3/7/22 – 3/13/22	60 min cross	Rest	3 m run	5 m run	3 m run	<b>10-K Race</b>
10	3/14/22 – 3/20/22	60 min cross	Rest	3 m run	5 m pace	3 m run	11 m run
11	3/21/22 – 3/27/22	60 min cross	Rest	3 m run	5 m run	3 m run	12 m run
12	3/28/22 – 4/2/22	Rest	3 m run	2 m pace	2 m run	Rest	<b>Half Marathon</b>

60 min cross - This is cross training. Can be biking or elliptigo or gym work.

3 m pace - This is your marathon pace speed.

### Half Marathon Training Schedule: Intermediate 1

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	
1	1/10/22 – 1/16/22	Rest	3 m run	2 m run or cross	3 m run	Rest	30 min cross	4 m run
2	1/17/22 – 1/23/22	Rest	3 m run	2 m run or cross	3 m run	Rest	30 min cross	4 m run
3	1/24/22 – 1/30/22	Rest	3.5 m run	2 m run or cross	3.5 m run	Rest	40 min cross	5 m run
4	1/31/22 – 2/6/22	Rest	3.5 m run	2 m run or cross	3.5 m run	Rest	40 min cross	5 m run
5	2/7/22 – 2/13/22	Rest	4 m run	2 m run or cross	4 m run	Rest	40 min cross	6 m run
6	2/14/22 – 2/20/22	Rest	4 m run	2 m run or cross	4 m run	Rest or easy run	Rest	<b>5-K Race</b>
7	2/21/22 – 2/27/22	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	7 m run
8	2/28/22 – 3/6/22	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	8 m run
9	3/7/22 – 3/13/22	Rest	5 m run	3 m run or cross	5 m run	Rest or easy run	Rest	<b>10-K Race</b>
10	3/14/22 – 3/20/22	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	9 m run
11	3/21/22 – 3/27/22	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	10 m run
12	3/28/22 – 4/2/22	Rest	4 m run	3 m run or cross	Rest	Rest	<b>Half Marathon</b>	

Cross - Cross training = biking, elliptical, or gym work.

5 mi pace - This is your marathon pace.

### Half Marathon Training Schedule: Advanced

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	
1	1/10/22 – 1/16/22	3 m run	4-5 m run	6 x hill	40 min tempo	Rest	3 m run	7
2	1/17/22 – 1/23/22	3 m run	4-5 m run	7 x 400 5-K pace	45 min tempo	Rest	3 m pace	8
3	1/24/22 – 1/30/22	3 m run	4-5 m run	7 x hill	30 min tempo	Rest or easy run	Rest	9
4	1/31/22 – 2/6/22	3 m run	4-5 m run	8 x 400 5-K pace	40 min tempo	Rest	3 m run	9
5	2/7/22 – 2/13/22	3 m run	4-5 m run	8 x hill	45 min tempo	Rest	3 m pace	9
6	2/14/22 – 2/20/22	3 m run	4-5 m run	8 x 400 5-K pace	30 min tempo	Rest or easy run	Rest	<b>10-K Race or 6 hard</b>
7	2/21/22 – 2/27/22	3 m run	4-5 m run	4 x 800 10-K pace	45 min tempo	Rest	4 m pace	11
8	2/28/22 – 3/6/22	3 m run	4-5 m run	3 x 1600 race pace	50 min tempo	Rest	5 m pace	11
9	3/7/22 – 3/13/22	3 m run	4-5 m run	5 x 800 10-K pace	30 min tempo	Rest or easy run	Rest	<b>15-K Race or 9 hard</b>
10	3/14/22 – 3/20/22	3 m run	4-5 m run	4 x 1600 race pace	55 min tempo	Rest	5 m pace	12
11	3/21/22 – 3/27/22	3 m run	4-5 m run	6 x 800 10-K pace	60 min tempo	Rest	3 m pace	12
12	3/28/22 – 4/2/22	3 m run	4-5 m run	6 x 400 5-K pace	30 min tempo	Rest	<b>Half Marathon</b>	

## Marathon Training Schedule: Intermediate 2

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1	12/6/21 – 12/12/21	Cross	3 mi run	5 mi run	3 mi run	Rest	5 mi run	10
2	12/13/21 – 12/19/21	Cross	3 mi run	6 mi run	3 mi run	Rest	6 mi pace	8
3	12/20/21 – 12/26/21	Cross	3 mi run	6 mi run	3 mi run	Rest	6 mi pace	13
4	12/27/21 – 1/2/22	Cross	3 mi run	7 mi run	3 mi run	Rest	7 mi run	14
5	1/3/22 – 1/9/22	Cross	3 mi run	7 mi run	3 mi run	Rest	7 mi pace	10
6	1/10/22 – 1/16/22	Cross	4 mi run	8 mi run	4 mi run	Rest	8 mi pace	16
7	1/17/22 – 1/23/22	Cross	4 mi run	8 mi run	4 mi run	Rest	8 mi run	17
8	1/24/22 – 1/30/22	Cross	4 mi run	9 mi run	4 mi run	Rest	Rest	<b>Half Marathon</b>
9	1/31/22 – 2/6/22	Cross	4 mi run	9 mi run	4 mi run	Rest	9 mi pace	19
10	2/7/22 – 2/13/22	Cross	5 mi run	10 mi run	5 mi run	Rest	10 mi run	20
11	2/14/22 – 2/20/22	Cross	5 mi run	6 mi run	5 mi run	Rest	6 mi pace	12
12	2/21/22 – 2/27/22	Cross	5 mi run	10 mi run	5 mi run	Rest	10 mi pace	20
13	2/28/22 – 3/6/22	Cross	5 mi run	6 mi run	5 mi run	Rest	6 mi run	12
14	3/7/22 – 3/13/22	Cross	5 mi run	10 mi run	5 mi run	Rest	10 mi pace	20
15	3/14/22 – 3/20/22	Cross	5 mi run	8 mi run	5 mi run	Rest	4 mi pace	12
16	3/21/22 – 3/27/22	Cross	4 mi run	6 mi run	4 mi run	Rest	4 mi run	8
17	3/28/22 – 4/2/22	Cross	3 mi run	4 mi run	Rest	2 mile easy	<b>Marathon</b>	

Cross training = biking, elliptical, or gym work.

5 mi pace = your marathon pace

### Marathon Training Schedule: Advanced 1

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1	12/6/21 – 12/12/21	3 mi run	5 mi run	3 mi run	30 tempo	Rest	5 mi run	10
2	12/13/21 – 12/19/21	3 mi run	6 mi run	3 mi run	4 x 800	Rest	6 mi pace	8
3	12/20/21 – 12/26/21	3 mi run	6 mi run	3 mi run	4 x hill	Rest	6 mi pace	13
4	12/27/21 – 1/2/22	3 mi run	7 mi run	3 mi run	35 tempo	Rest	7 mi run	14
5	1/3/22 – 1/9/22	3 mi run	7 mi run	3 mi run	5 x 800	Rest	7 mi pace	10
6	1/10/22 – 1/16/22	3 mi run	8 mi run	4 mi run	5 x hill	Rest	8 mi pace	16
7	1/17/22 – 1/23/22	3 mi run	8 mi run	4 mi run	40 tempo	Rest	8 mi run	17
8	1/24/22 – 1/30/22	3 mi run	9 mi run	4 mi run	6 x 800	Rest	Rest	<b>Half Marathon</b>
9	1/31/22 – 2/6/22	3 mi run	9 mi run	4 mi run	6 x hill	Rest	9 mi pace	19
10	2/7/22 – 2/13/22	4 mi run	10 mi run	5 mi run	45 tempo	Rest	10 mi run	20
11	2/14/22 – 2/20/22	4 mi run	6 mi run	5 mi run	7 x 800	Rest	6 mi pace	12
12	2/21/22 – 2/27/22	4 mi run	10 mi run	5 mi run	7 x hill	Rest	10 mi pace	20
13	2/28/22 – 3/6/22	5 mi run	6 mi run	5 mi run	45 tempo	Rest	6 mi run	12
14	3/7/22 – 3/13/22	5 mi run	10 mi run	5 mi run	8 x 800	Rest	10 mi pace	20
15	3/14/22 – 3/20/22	5 mi run	8 mi run	5 mi run	6 x hill	Rest	4 mi pace	12
16	3/21/22 – 3/27/22	4 mi run	6 mi run	4 mi run	30 tempo	Rest	4 mi run	8
17	3/28/22 – 4/2/22	3 mi run	4 x 400	2 mi run	Rest	2 mile easy	<b>Marathon</b>	