

Half Marathon Training Schedule: Novice

	WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	1/9/23 – 1/15/23	60 min cross	Rest	3 m run	3 m run	3 m run	Rest	4 m run
2	1/16/23 – 1/22/23	60 min cross	Rest	3 m run	3 m pace	3 m run	Rest	5 m run
3	1/23/23 – 1/29/23	60 min cross	Rest	3 m run	4 m run	3 m run	Rest	6 m run
4	1/30/23 – 2/5/23	60 min cross	Rest	3 m run	4 m pace	3 m run	Rest	7 m run
5	2/6/23 – 2/12/23	60 min cross	Rest	3 m run	4 m run	3 m run	Rest	8 m run
6	2/13/23 – 2/19/23	60 min cross	Rest	3 m run	4 m pace	3 m run	Rest	5-K Race
7	2/20/23 – 2/26/23	60 min cross	Rest	3 m run	5 m run	3 m run	Rest	9 m run
8	2/27/23 – 3/5/23	60 min cross	Rest	3 m run	5 m pace	3 m run	Rest	10 m run
9	3/6/23 – 3/12/23	60 min cross	Rest	3 m run	5 m run	3 m run	Rest	10-K Race
10	3/13/23 – 3/19/23	60 min cross	Rest	3 m run	5 m pace	3 m run	Rest	11 m run
11	3/20/23 – 3/26/23	60 min cross	Rest	3 m run	5 m run	3 m run	Rest	12 m run
12	3/27/23 – 4/1/23	Rest	3 m run	2 m pace	2 m run	Rest	Half Marathon	

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	1/9/23 – 1/15/23	Rest	3 m run	2 m run or cross	3 m run	Rest	30 min cross	4 m run
2	1/16/23 – 1/22/23	Rest	3 m run	2 m run or cross	3 m run	Rest	30 min cross	4 m run
3	1/23/23 – 1/29/23	Rest	3.5 m run	2 m run or cross	3.5 m run	Rest	40 min cross	5 m run
4	1/30/23 – 2/5/23	Rest	3.5 m run	2 m run or cross	3.5 m run	Rest	40 min cross	5 m run
5	2/6/23 – 2/12/23	Rest	4 m run	2 m run or cross	4 m run	Rest	40 min cross	6 m run
6	2/13/23 – 2/19/23	Rest	4 m run	2 m run or cross	4 m run	Rest or easy run	Rest	5-K Race
7	2/20/23 – 2/26/23	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	7 m run
8	2/27/23 – 3/5/23	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	8 m run
9	3/6/23 – 3/12/23	Rest	5 m run	3 m run or cross	5 m run	Rest or easy run	Rest	10-K Race
10	3/13/23 – 3/19/23	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	9 m run
11	3/20/23 – 3/26/23	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	10 m run
12	3/27/23 – 4/1/23	Rest	4 m run	3 m run or cross	Rest	Rest	Half Marathon	

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	1/9/23 – 1/15/23	3 m run	4-5 m run	6 x hill	40 min tempo	Rest	3 m run	7
2	1/16/23 – 1/22/23	3 m run	4-5 m run	7 x 400 5-K pace	45 min tempo	Rest	3 m pace	8
3	1/23/23 – 1/29/23	3 m run	4-5 m run	7 x hill	30 min tempo	Rest or easy run	Rest	9
4	1/30/23 – 2/5/23	3 m run	4-5 m run	8 x 400 5-K pace	40 min tempo	Rest	3 m run	9
5	2/6/23 – 2/12/23	3 m run	4-5 m run	8 x hill	45 min tempo	Rest	3 m pace	9
6	2/13/23 – 2/19/23	3 m run	4-5 m run	8 x 400 5-K pace	30 min tempo	Rest or easy run	Rest	10-K Race or 6 hard
7	2/20/23 – 2/26/23	3 m run	4-5 m run	4 x 800 10-K pace	45 min tempo	Rest	4 m pace	11
8	2/27/23 – 3/5/23	3 m run	4-5 m run	3 x 1600 race pace	50 min tempo	Rest	5 m pace	11
9	3/6/23 – 3/12/23	3 m run	4-5 m run	5 x 800 10-K pace	30 min tempo	Rest or easy run	Rest	15-K Race or 9 hard
10	3/13/23 – 3/19/23	3 m run	4-5 m run	4 x 1600 race pace	55 min tempo	Rest	5 m pace	12
11	3/20/23 – 3/26/23	3 m run	4-5 m run	6 x 800 10-K pace	60 min tempo	Rest	3 m pace	12
12	3/27/23 – 4/1/23	3 m run	4-5 m run	6 x 400 5-K pace	30 min tempo	Rest	Half Marathon	

Marathon Training Schedule: Intermediate 2

	Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	12/5/22 – 12/11/22	Cross	3 mi run	5 mi run	3 mi run	Rest	5 mi run	10
2	12/12/22 – 12/18/22	Cross	3 mi run	6 mi run	3 mi run	Rest	6 mi pace	8
3	12/19/22 – 12/25/22	Cross	3 mi run	6 mi run	3 mi run	Rest	6 mi pace	13
4	12/26/22 – 1/1/23	Cross	3 mi run	7 mi run	3 mi run	Rest	7 mi run	14
5	1/2/23 – 1/8/23	Cross	3 mi run	7 mi run	3 mi run	Rest	7 mi pace	10
6	1/9/23 – 1/15/23	Cross	4 mi run	8 mi run	4 mi run	Rest	8 mi pace	16
7	1/16/23 – 1/22/23	Cross	4 mi run	8 mi run	4 mi run	Rest	8 mi run	17
8	1/23/23 – 1/29/23	Cross	4 mi run	9 mi run	4 mi run	Rest	Rest	Half Marathon
9	1/30/23 – 2/5/23	Cross	4 mi run	9 mi run	4 mi run	Rest	9 mi pace	19
10	2/6/23 – 2/12/23	Cross	5 mi run	10 mi run	5 mi run	Rest	10 mi run	20
11	2/13/23 – 2/19/23	Cross	5 mi run	6 mi run	5 mi run	Rest	6 mi pace	12
12	2/20/23 – 2/26/23	Cross	5 mi run	10 mi run	5 mi run	Rest	10 mi pace	20
13	2/27/23 – 3/5/23	Cross	5 mi run	6 mi run	5 mi run	Rest	6 mi run	12
14	3/6/23 – 3/12/23	Cross	5 mi run	10 mi run	5 mi run	Rest	10 mi pace	20
15	3/13/23 – 3/19/23	Cross	5 mi run	8 mi run	5 mi run	Rest	4 mi pace	12
16	3/20/23 – 3/26/23	Cross	4 mi run	6 mi run	4 mi run	Rest	4 mi run	8
17	3/27/23 – 4/1/23	Cross	3 mi run	4 mi run	Rest	2 mile easy	Marathon	

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	12/5/22 – 12/11/22	3 mi run	5 mi run	3 mi run	30 tempo	Rest	5 mi run	10
2	12/12/22 – 12/18/22	3 mi run	6 mi run	3 mi run	4 x 800	Rest	6 mi pace	8
3	12/19/22 – 12/25/22	3 mi run	6 mi run	3 mi run	4 x hill	Rest	6 mi pace	13
4	12/26/22 – 1/1/23	3 mi run	7 mi run	3 mi run	35 tempo	Rest	7 mi run	14
5	1/2/23 – 1/8/23	3 mi run	7 mi run	3 mi run	5 x 800	Rest	7 mi pace	10
6	1/9/23 – 1/15/23	3 mi run	8 mi run	4 mi run	5 x hill	Rest	8 mi pace	16
7	1/16/23 – 1/22/23	3 mi run	8 mi run	4 mi run	40 tempo	Rest	8 mi run	17
8	1/23/23 – 1/29/23	3 mi run	9 mi run	4 mi run	6 x 800	Rest	Rest	Half Marathon
9	1/30/23 – 2/5/23	3 mi run	9 mi run	4 mi run	6 x hill	Rest	9 mi pace	19
10	2/6/23 – 2/12/23	4 mi run	10 mi run	5 mi run	45 tempo	Rest	10 mi run	20
11	2/13/23 – 2/19/23	4 mi run	6 mi run	5 mi run	7 x 800	Rest	6 mi pace	12
12	2/20/23 – 2/26/23	4 mi run	10 mi run	5 mi run	7 x hill	Rest	10 mi pace	20
13	2/27/23 – 3/5/23	5 mi run	6 mi run	5 mi run	45 tempo	Rest	6 mi run	12
14	3/6/23 – 3/12/23	5 mi run	10 mi run	5 mi run	8 x 800	Rest	10 mi pace	20
15	3/13/23 – 3/19/23	5 mi run	8 mi run	5 mi run	6 x hill	Rest	4 mi pace	12
16	3/20/23 – 3/26/23	4 mi run	6 mi run	4 mi run	30 tempo	Rest	4 mi run	8
17	3/27/23 – 4/1/23	3 mi run	4 x 400	2 mi run	Rest	2 mile easy	Marathon	