



# OMEGA Sports Half Marathon 12 Week Training Program



Week	M	T	W	T	F	S	S
1	2 M Easy	4 x 400m	Cross Train	3 M Easy	Rest	4 M LR	Cross Train
2	2 M Easy	5 x 600m	Cross Train	3 M Hills	Rest	5 M LR	Cross Train
3	3 M Easy	4 x 800m	Cross Train	3 M RP	Rest	6 M LR	Cross Train
4	3 M Easy	8 x 400m	Cross Train	4 M Easy	Rest	5 M LR	Cross Train
5	3 M Easy	6 x 600m	Cross Train	4 M Hills	Rest	7 M LR	Cross Train
6	4 M Easy	Ladder	Cross Train	4 M RP	Rest	9 M LR	Cross Train
7	4 M Easy	10 x 400m	Cross Train	5 M Easy	Rest	8 M LR	Cross Train
8	4 M Easy	2 x 1 M RP	Cross Train	3 M Hills	Rest	10 M LR	Cross Train
9	4 M Easy	3 x 1 M RP	Cross Train	3 M RP	Rest	12 M LR	Cross Train
10	4 M Easy	Ladder	Cross Train	3 M Easy	Rest	10 M LR	Cross Train
11	3 M Easy	6 x 800m	Cross Train	4 M Easy	Rest	6 M LR	Cross Train
12	3 M Easy	2 x 1 M RP	Rest	3 M Easy	Rest	Race Day!	Celebrate!
13	Recover	Recover	Recover	3 M Easy	Rest	4-8 M Easy	

\*All Tuesday Track Workouts should include a 1 mile slow warmup and 1 mile slow cooldown.

Easy/LR = Easy/Long Run Range

T/RP = Tempo/Race Pace Range

200's = 1/2 Lap on Track (.125/mile)

400's = 1 Lap on Track (.25/mile)

600's = 1.5 Laps on Track (.375/mile)

800's = 2 Laps on Track (.5/mile)

1 M RP = 1 Mile Repeat (4 laps)