



### Suggested Half Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (long run)	Sunday
1	Strength train	5 miles; 3 hill intervals	Strength train	6 miles	Cross train	6–7 miles	Day off
2	Strength train	6 miles; 4 hill intervals	Strength train	6 miles; tempo	Cross train	7–8 miles	Day off
3	Strength train	7 miles; 5 hill intervals	Strength train	6 miles	Cross train	8–9 miles	Day off
4	Strength train	8 miles; 6 hill intervals	Strength train	6 miles; tempo	Cross train	10 miles	Day off
5	Strength train	8 miles; 6 hill intervals	Strength train	6 miles	Cross train	11 miles	Day off
6	Strength train	9 miles; 7 hill intervals	Strength train	7 miles; tempo	Cross train	12 miles	Day off
7	Strength train	9 miles; 7 hill intervals	Strength train	7 miles	Cross train	12 miles	Day off
8	Strength train	12 miles; 8 hill intervals	Strength train	8 miles; tempo	Cross train	8 miles	Day off
9	Strength train	10 miles; 8 hill intervals	Strength train	8 miles	Cross train	10 miles	Day off
10	Strength train	10 miles; 9 hill intervals	Strength train	6 miles; tempo	Cross train	13 miles	Day off
11	Strength train	8 miles; 10 hill intervals	Strength train	5 miles; tempo	Cross train	8 miles	Day off
12	Day off	6 miles	Strength train	4 miles	3 miles	2 miles	Race day