

Fall Half Marathon Training Plan (2017)										
Week	Weekly Miles...			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Min	Mid	Max	REST, easy run, or cross train	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	Recovery Run
7-Aug				6	10	5	8.5	6	12	5
<b>1</b>	36	42	53	50-60 min easy with strides/ drills	2M w/u; 4-6 Miles @ MP; 2M c/d	REST or 45-55 min easy with strides/ drills	2M w/u; 4-6x1K @ 10K pace (2:00 rest); 2M c/d	REST or up to 50 min easy with strides/ drills	1:40 to 1:50 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills
14-Aug				6	9	5	6	6	13	5
<b>2</b>	33	39	50	50-60 min easy with strides/ drills	2M w/u; 3-5 Miles @ HMP; 2M c/d	REST or 45-55 min easy with strides/ drills	6-8 miles with middle 4 miles @ MP	REST or up to 50 min easy with strides/ drills	1:50 to 2:00 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills
21-Aug				6	12	6	9	6	14	5
<b>3</b>	40	46	58	50-60 min easy with strides/ drills	2M w/u; 56 minutes on hilly course @ MP; 2M c/d	REST or 50-60 min easy with strides/ drills	2M w/u; 8-10 Canova Ks; 2M c/d	REST or up to 50 min easy with strides/ drills	1:55 to 2:05 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills
28-Aug				6	8.5	6	6	6	16	5
<b>4</b>	36	42	54	50-60 min easy with strides/ drills	2M w/u; 3M @ HMP; 4x400 @ 5K (2:00/ 1:30 rest); 2M c/d	REST or 50-60 min easy with strides/ drills	48-64 min with middle 24 minutes @ MP	REST or up to 50 min easy with strides/ drills	2:10 to 2:15 @ MP plus 45-60	REST or 45-55 min easy with strides/ drills
4-Sep				6	11	6	10	6	15	5
<b>5</b>	41	47	59	50-60 min easy with strides/ drills	2M w/u; 7 Miles @ MP; 2M c/d	REST or 50-60 min easy with strides/ drills	2M w/u; 10-14 Canova Ks; 2M c/d	REST or up to 50 min easy with strides/ drills	2:00-2:10 progression run	REST or 45-55 min easy with strides/ drills
11-Sep				6	11	8	9.5	6	18	6
<b>6</b>	45	51	65	50-60 min easy with strides/ drills	2M w/u; 3x2M @ HMP on hilly course (3:00 rest); 2M c/d	70-90 min easy with strides/ drills	2M w/u; 5-6x1M @ LT pace (1:30 rest); 2M c/d	REST or up to 50 min easy with strides/ drills	2:25 to 2:30 @ MP plus 45-60	50-60 min easy
18-Sep				6	13	6	11	6	18	5
<b>7</b>	47	53	65	50-60 min easy with strides/ drills	2M w/u; 64-72 minutes @ MP; 2M c/d	REST or 50-60 min easy with strides/ drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d (Williamsburg Bridge)	REST or up to 50 min easy with strides/ drills	18 miles @ MP plus 45-60	REST or 45-55 min easy with strides/ drills
25-Sep				6	10	8	9	6	12	5

Fall Half Marathon Training Plan (2017)										
Weekly Miles...				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	Min	Mid	Max	REST, easy run, or cross train	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	Recovery Run
8	36	42	56	50-60 min easy with strides/ drills	80-90 min easy with strides/ drills	70-90 min easy with strides/ drills	2M w/u, 5x1200m @ LT pace (200m rest), 2M c/d	REST or up to 50 min easy with strides/ drills	12 miles easy with last 2 miles @ MP	45-55 min easy with strides/ drills
2-Oct				5	14	6	7.5	6	4	17
9	43	48	60	45-55 min easy with strides/ drills	2M w/u; 72 minutes on hilly course @ MP; 2M c/d	REST or 50-60 min easy with strides/ drills	2M w/u; 3-5xMile @ LT pace (1:30 rest); 2M c/d	REST or up to 50 min easy with strides/ drills	REST or 32 min easy with 4x100m strides	Half Marathon