

# "Complete" Half Marathon Program

For the intermediate or advanced half marathoner looking to push themselves.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>1</b>							Dec 4 Rest
<b>2</b>	Dec 5 20 min walk	Dec 6	Dec 7 20 min Walk	Dec 8	Dec 9	Dec 10 30 min walk	Dec 11 Rest
<b>3</b>	Dec 12 20 min walk	Dec 13 Cross Train Strength A	Dec 14	Dec 15 20 min walk	Dec 16	Dec 17 30 min walk	Dec 18 Rest

**E - Easy pace/Recovery Walk**  
An easy pace is conversational, comfortable and easily maintained. 30-60 seconds/miles slower than race pace. Walks are for recovery.  
**A** - 1 min on 1 min off  
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**C** - 3 min on 1 min off  
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**E** - 5 min on 1 min off

**Speed Work**  
Warm up for 10-15 minutes before speed work at a slow pace. For speed intervals, go as fast as you can! Shoot for going faster than your race pace. For hills, find a hill between 200 and 600 feet. Focus on a steady speed and good form over going as fast as you can.

**L - Long Run**  
A conversational pace that can be easily maintained over distance. (Usually, about one to two minutes per mile slower than race pace.)

**Cross Train**  
Maintain intensity while participating in an alternate mechanism of cardio. Some great choices would be swimming, biking, stair stepper or the elliptical machine.  
**YOGA**  
**A** - [youtube.com/watch?v=RGOrpTLiaec](https://www.youtube.com/watch?v=RGOrpTLiaec)  
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4	Dec 19	Dec 20	Dec 21	Dec 22	Dec 23	Dec 24	Dec 25
		30 min walk	Cross Train Strength A	20 min walk	Cross Train Yoga A	35 min walk	Rest
5	Dec 26	Dec 27	Dec 28	Dec 29	Dec 30	Dec 31	Jan 1
							Rest
6	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
	Cross Train Yoga A	15 min A run/walk		20 min walk		20 min walk C 15 min walk/run	Rest
7	Jan 9	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
	20 min walk/run B	Cross Train Strength B		20 min walk	Cross Train Yoga C	15 min walk D 25 min walk/run	Rest
8	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
		20 min walk/run B	Cross Train Strength B	20 min walk/run C 10 min walk	Cross Train Yoga B	15 min walk D 25 min walk/run	Rest

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9	Jan 23 Cross Train Yoga C	Jan 24 20 min walk/run C	Jan 25	Jan 26 20 min walk/run D 10 min walk	Jan 27	Jan 28 4 miles L	Jan 29 Active Recovery
	Jan 30 3 miles E	Jan 31 Cross Train	Feb 1 Timed Mile S	Feb 2 30 min walk	Feb 3 Rest	Feb 4 4 miles L	Feb 5 Active Recovery
11	Feb 6 3 miles E	Feb 7 Cross Train	Feb 8 4 x 200 S	Feb 9 35 min walk	Feb 10 Rest	Feb 11 5 miles L	Feb 12 Active Recovery
	Feb 13 3 miles E	Feb 14 Cross Train	Feb 15 4 x 400 S	Feb 16 40 min walk	Feb 17 Rest	Feb 18 6 miles L	Feb 19 Active Recovery
13	Feb 20 4 miles E	Feb 21 Cross Train	Feb 22 2 x hills S	Feb 23 45 min walk	Feb 24 Rest	Feb 25 5 miles L	Feb 26 Active Recovery

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<b>14</b>	Feb 27	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5
	4 miles E	Cross Train	4 x 400 S	45 min walk/run	Rest	7 miles L	Active Recovery
<b>15</b>	Mar 6	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11	Mar 12
	4 miles E	Cross Train	4 x 800 S	45 min run E	Rest	8 miles L	Active Recovery
<b>16</b>	Mar 13	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19
	5 miles E	Cross Train	1 Mile E 1 Mile S 1 Mile Recovery	45 min run E	Rest	9 miles L	Active Recovery
<b>17</b>	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26
	5 miles E	Cross Train	4 x hills	45 min walk	Rest	8 miles E	Active Recovery
<b>18</b>	Mar 27	Mar 28	Mar 29	Mar 30	Mar 31	Apr 1	Apr 2
	5 miles E	Cross Train	4 x 800	45 min walk	Rest	11 miles L	Active Recovery

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<b>19</b>	Apr 3 6 miles E	Apr 4 Cross Train	Apr 5 2 x 1200	Apr 6 60 min E	Apr 7 Rest	Apr 8 12 miles L	Apr 9 Active Recovery
	Apr 10 4 miles E	Apr 11 Cross Train	Apr 12 6 x hills	Apr 13 60 min walk	Apr 14 Rest	Apr 15 13 miles L	Apr 16 Active Recovery
<b>21</b>	Apr 17 6 miles E	Apr 18 Cross Train	Apr 19 Timed Mile	Apr 20 60 min walk	Apr 21 Rest	Apr 22 10 miles L	Apr 23 Active Recovery
	Apr 24 3 miles E	Apr 25 Cross Train	Apr 26 4 x 200	Apr 27 35 min walk	Apr 28 Rest	Apr 29 Rest	Apr 30  Event day!

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