



"Compete" Half Marathon Program

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

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1							Dec 4 Rest
2	Dec 5 Cross Train Yoga A	Dec 6 2 miles E	Dec 7 Cross Train Strength A	Dec 8 20 min walk/run A	Dec 9	Dec 10 2 miles E	Dec 11 Rest
3	Dec 12 Cross Train Yoga B	Dec 13 2 miles E	Dec 14 Cross Train Strength B	Dec 15 20 min walk/run B	Dec 16	Dec 17 2 miles E	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
B - 2 min on 1 min off
C - 3 min on 1 min off
D - 4 min on 1 min off
E - 5 min on 1 min off

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.)

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.

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)
B - [youtube.com/watch?v=x6zyQWuIE10](https://www.youtube.com/watch?v=x6zyQWuIE10)
C - [youtube.com/watch?v=pLL13JF5BHA](https://www.youtube.com/watch?v=pLL13JF5BHA)

STRENGTH
A - [youtube.com/watch?v=rZpMnnN4s_o](https://www.youtube.com/watch?v=rZpMnnN4s_o)
B - [youtube.com/watch?v=Ze7yegs-WX4](https://www.youtube.com/watch?v=Ze7yegs-WX4)



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4	Dec 19 Cross Train Yoga C	Dec 20 2 miles E	Dec 21 Cross Train Strength A	Dec 22 30 min walk/run C	Dec 23	Dec 24 2 miles E	Dec 25 Rest
	Dec 26	Dec 27	Dec 28	Dec 29	Dec 30	Dec 31	Jan 1 Rest
5	Jan 2 Cross Train Strength A	Jan 3 2 miles E	Jan 4	Jan 5 30 min walk/run B	Jan 6 Cross Train Yoga C	Jan 7 3 miles E	Jan 8 Rest
	Jan 9	Jan 10 2 miles E	Jan 11 Cross Train Yoga B	Jan 12 30 min walk/run C	Jan 13	Jan 14 3 miles E	Jan 15 Rest
6	Jan 16 Cross Train Strength B	Jan 17	Jan 18 3 miles E	Jan 19 Cross Train Yoga C	Jan 20 20 min walk/run	Jan 21 3 miles E	Jan 22 Rest
	Jan 23	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29

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

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

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	Apr 10 5 miles EZ	Apr 11 Cross Train	Apr 12 8 x hills	Apr 13 45 min run	Apr 14 Rest	Apr 15 11 miles L	Apr 16 4 miles E
21	Apr 17 4 miles EZ	Apr 18 Cross Train	Apr 19 2 x 800	Apr 20 30 min run	Apr 21 Rest	Apr 22 7 miles L	Apr 23 3 miles E
	Apr 24 3 miles EZ	Apr 25 Cross Train	Apr 26 3 miles EZ	Apr 27 Rest	Apr 28 Rest	Apr 29 2 miles EZ	Apr 30  Event day!

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