

"Complete" 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 20 min walk	Dec 6	Dec 7 20 min Walk	Dec 8	Dec 9	Dec 10 30 min walk	Dec 11 Rest
3	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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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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Active Recovery
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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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14	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
15	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
16	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
17	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
18	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	7 Miles	Active Recovery

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19	Apr 3 4 miles EZ	Apr 4 Cross Train	Apr 5 2 x 1200	Apr 6 60 min E	Apr 7 Rest	Apr 8 10 mile Race Trial Prep	Apr 9 Active Recovery
	Apr 10 3 miles EZ	Apr 11 Cross Train	Apr 12 6 x hills	Apr 13 60 min walk	Apr 14 2 EZ	Apr 15 10 miles L	Apr 16 Active Recovery
21	Apr 17 4 miles EZ	Apr 18 Cross Train	Apr 19 5 miles w/Hills	Apr 20 60 min walk	Apr 21 Rest	Apr 22 8 miles L	Apr 23 Active Recovery
	Apr 24 3 miles E	Apr 25 Cross Train	Apr 26 3 miles EZ	Apr 27 35 min walk	Apr 28 Rest	Apr 29 2 miles EZ	Apr 30 Event day!

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