

# “Compete” Half Marathon Program

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

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
						June 7	June 8
						3 miles E	Rest
<b>1</b>	June 9	June 10	June 11	June 12	June 13	June 14	June 15
	Rest	2 miles E	Cross Train Yoga B	30 min walk/run C	Rest	3 miles E	Rest
<b>2</b>	June 16	June 17	June 18	June 19	June 20	June 21	June 22
	Cross Train Strength B	Rest	3 miles E	Cross Train Yoga C	20 min walk/run	3 miles E	Rest
<b>3</b>	June 23	June 24	June 25	June 26	June 27	June 28	June 29
	Cross Train Yoga	3 miles E	Cross Train Strength A	2 mile walk/run D	Rest	4 miles L	2 miles E
<b>4</b>	June 30	July 1	July 2	July 3	July 4	July 5	July 6
	4 miles E	Cross Train	Timed Mile S	45 min run	Rest	7 miles L	2 miles E



### 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 off 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://youtube.com/watch?v=RGOrpTLiaec)
- B - [youtube.com/watch?v=x6zyQWuIE10](https://youtube.com/watch?v=x6zyQWuIE10)
- C - [youtube.com/watch?v=plL13JF5BHA](https://youtube.com/watch?v=plL13JF5BHA)

### STRENGTH

- A - [youtube.com/watch?v=rZpMnnN4s\\_o](https://youtube.com/watch?v=rZpMnnN4s_o)
- B - [youtube.com/watch?v=Ze7yegs-WX4](https://youtube.com/watch?v=Ze7yegs-WX4)

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5	July 7 4 miles E	July 8 Cross Train	July 9 6 x 200 S	July 10 45 min run	July 11 Rest	July 12 8 miles L	July 13 2 miles E
	July 14 4 miles E	July 15 Cross Train	July 16 6 x 400 S	July 17 45 min run	July 18 Rest	July 19 9 miles L	July 20 2 miles E
6	July 21 5 miles E	July 22 Cross Train	July 23 4 x hills S	July 24 45 min walk	July 25 Rest	July 26 10 miles L	July 27 3 miles E
	July 28 5 miles E	July 29 Cross Train	July 30 6 x 400 S	July 31 45 min run	Aug 1 Rest	Aug 2 10 miles L	Aug 3 3 miles E
7	Aug 4 5 miles E	Aug 5 Cross Train	Aug 6 6 x 800 S	Aug 7 45 min run E	Aug 8 Rest	Aug 9 11 miles L	Aug 10 3 miles E

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D - 4 min on 1 min off  
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<b>10</b>	Aug 11 6 miles E	Aug 12 Cross Train	Aug 13 1 Mile E 2 Mile Repeats S 1 Mile Recovery	Aug 14 45 min run E	Aug 15 Rest	Aug 16 8 miles L	Aug 17 3 miles E
	Aug 18 4 miles EZ	Aug 19 Cross Train	Aug 20 6 x hills	Aug 21 4 miles EZ	Aug 22 Rest	Aug 23 9 miles L	Aug 24 4 miles E
<b>12</b>	Aug 25 5 miles EZ	Aug 26 Cross Train	Aug 27 6 x 800	Aug 28 5 miles EZ	Aug 29 Rest	Aug 30 6 miles L	Aug 31 3 miles EZ
	Sept 1 5 miles EZ	Sept 2 Cross Train	Sept 3 4 x 800	Sept 4 45 min E	Sept 5 Rest	Sept 6 10 miles L	Sept 7 3 miles EZ
<b>14</b>	Sept 8 5 miles EZ	Sept 9 Cross Train	Sept 10 8 x hills	Sept 11 45 min run	Sept 12 Rest	Sept 13 11 miles L	Sept 14 4 miles E

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<b>15</b>	Sept 15 4 miles EZ	Sept 16 Cross Train	Sept 17 2 x 800	Sept 18 30 min run	Sept 19 Rest	Sept 20 7 miles L	Sept 21 3 miles E
	Sept 22 3 miles EZ	Sept 23 Cross Train	Sept 24 3 miles EZ	Sept 25 Rest	Sept 26 Rest	Sept 27 2 miles EZ	Sept 28 EVENT DAY!



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