

# “Complete” Half Marathon Program

For a first time half marathoner or seasoned half marathoner looking for lower mileage.

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

**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.

**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)  
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**Active Recovery**  
Take a break from running but stay active. Some great choices would be yoga, an easy bike ride, a hike or a walk.

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



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<b>9</b>	Aug 4 4 miles E	Aug 5 Cross Train	Aug 6 4 x 800 S	Aug 7 45 min run E	Aug 8 Rest	Aug 9 8 miles L	Aug 10 Active Recovery
	Aug 11 5 miles E	Aug 12 Cross Train	Aug 13 1 Mile E 1 Mile S 1 Mile Recovery	Aug 14 45 min run E	Aug 15 Rest	Aug 16 9 miles L	Aug 17 Active Recovery
<b>11</b>	Aug 18 5 miles E	Aug 19 Cross Train	Aug 20 4 x hills	Aug 21 45 min walk	Aug 22 Rest	Aug 23 8 miles E	Aug 24 Active Recovery
	Aug 25 5 miles E	Aug 26 Cross Train	Aug 27 4 x 800	Aug 28 45 min walk	Aug 29 Rest	Aug 30 7 Miles	Aug 31 Active Recovery
<b>12</b>	Aug 25 5 miles E	Aug 26 Cross Train	Aug 27 4 x 800	Aug 28 45 min walk	Aug 29 Rest	Aug 30 7 Miles	Aug 31 Active Recovery
	Sept 1 4 miles EZ	Sept 2 Cross Train	Sept 3 2 x 1200	Sept 4 60 min E	Sept 5 Rest	Sept 6 10 mile Race Trial Prep	Sept 7 Active Recovery



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	Sept 15 4 miles EZ	Sept 16 Cross Train	Sept 17 5 miles w/Hills	Sept 18 60 min walk	Sept 19 Rest	Sept 20 8 miles L	Sept 21 Active Recovery
<b>16</b>	Sept 22 3 miles E	Sept 23 Cross Train	Sept 24 3 miles EZ	Sept 25 35 min walk	Sept 26 Rest	Sept 27 2 miles EZ	Sept 28 EVENT DAY!



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