

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		<b>Cross Training</b> 40-45 min	<b>Speed Workout</b> Warm up 1-2 miles 6 x 1000m at 5k pace with 200m jog Cool down 1-2 miles	<b>Distance Run</b> 4 miles at an easy pace	<b>Rest</b>	<b>Threshold Workout</b> Warm up 1 mile 3 x 7 min at tempo pace with 90 sec rest Cool down 1 mile	<b>Rest / Cross Training / Easy Run</b> Rest, or 30 min cross training, or Easy run 4-5 miles with 4x 75m strides	<b>Long Run</b> 6 miles at an easy pace
	2		<b>Cross Training</b> 40-45 min	<b>Speed Workout</b> Warm up 1-2 miles 1 x 1600m at 5k pace with 200m jog; 4 x 800m at 5k pace with 200m jog Cool down 1-2 miles	<b>Distance Run</b> 4 miles at an easy pace	<b>Rest</b>	<b>Threshold Workout</b> Warm up 1 mile 2 x 10 min at tempo pace with 90 sec rest Cool down 1 mile	<b>Rest / Cross Training / Easy Run</b> Rest, or 30 min cross training, or Easy run 4-5 miles
3			<b>Cross Training</b> 45 min	<b>Speed Workout</b> Warm up 1-2 miles 4 x 800m at 5k pace with 200m jog; 4 x 400m at mile pace with 200m jog Cool down 1-2 miles	<b>Distance Run</b> 4 miles at an easy pace	<b>Rest</b>	<b>Tempo Run</b> Warm up 1 mile 20 min at tempo pace Cool down 1 mile	<b>Rest / Cross Training / Easy Run</b> Rest, or 30 min cross training, or Easy run 4-5 miles with 4x 75m strides
	4		<b>Cross Training</b> 45 min	<b>Speed Workout</b> Warm up 1-2 miles 6 x 1000m at 5k pace with 200m jog Cool down 1-2 miles	<b>Distance Run</b> 5 miles at an easy pace	<b>Rest</b>	<b>Tempo Run</b> Warm up 1 mile 25 min at tempo pace Cool down 1 mile	<b>Rest / Cross Training / Easy Run</b> Rest, or 30 min cross training, or Easy run 4-5 miles with 4x 75m strides
5			<b>Cross Training</b> 45 min	<b>Speed Workout</b> Warm up 1-2 miles 3-4 x 1600m at 5k pace with 400m jog Cool down 1-2 miles	<b>Distance Run</b> 5 miles at an easy pace	<b>Rest</b>	<b>Tempo Run</b> Warm up 1 mile 25 min at tempo pace Cool down 1 mile	<b>Rest / Cross Training / Easy Run</b> Rest, or 30 min cross training, or Easy run 4-5 miles with 4x 75m strides
	6		<b>Cross Training</b> 45-60 min	<b>Speed Workout</b> Warm up 1-2 miles 5x 1200m at 5k pace with 200m jog Cool down 1-2 miles	<b>Distance Run</b> 6 miles at an easy pace	<b>Rest</b>	<b>Tempo Run</b> Warm up 1 mile 30 min at tempo pace Cool down 1 mile	<b>Rest / Cross Training / Easy Run</b> Rest, or 30 min cross training, or Easy run 4-5 miles with 4x 75m strides
7			<b>Cross Training</b> 45-60 min	<b>Speed Workout</b> Warm up 1-2 miles 6-8 x 600m at mile pace with 200m jog Cool down 1-2 miles	<b>Distance Run</b> 7 miles at an easy pace	<b>Rest</b>	<b>Tempo Run</b> Warm up 1 mile 30 min at tempo pace Cool down 1 mile	<b>Rest / Cross Training / Easy Run</b> Rest, or 30 min cross training, or Easy run 4-5 miles with 4x 75m strides
	8		<b>Cross Training</b> 45-60 min	<b>Speed Workout</b> Warm up 1-2 miles 10 x 400m at mile pace with 200m jog Cool down 1-2 miles	<b>Distance Run</b> 7 miles at an easy pace	<b>Rest</b>	<b>Tempo Run</b> Warm up 1 mile 30 min at tempo pace Cool down 1 mile	<b>Rest / Cross Training / Easy Run</b> Rest, or 30 min cross training, or Easy run 4-5 miles with 4x 75m strides
9			<b>Cross Training</b> 45-60 min	<b>Speed Workout</b> Warm up 1-2 miles 6 x 1000m at 5k pace with 200m jog Cool down 1-2 miles	<b>Distance Run</b> 8 miles at an easy pace	<b>Rest</b>	<b>Tempo Run</b> Warm up 1 mile 40 min at tempo pace Cool down 1 mile	<b>Rest / Cross Training / Easy Run</b> Rest, or 30 min cross training, or Easy run 4-5 miles with 4x 75m strides
	10		<b>Cross Training</b> 45-60 min	<b>Speed Workout</b> Warm up 1-2 miles 8x 800m at 5k pace with 200m jog Cool down 1-2 miles	<b>Distance Run</b> 7 miles at an easy pace	<b>Rest</b>	<b>Tempo Run</b> Warm up 1 mile 2 x 10 min at tempo pace with 90 sec rest Cool down 1 mile	<b>Rest / Cross Training / Easy Run</b> Rest, or 30 min cross training, or Easy run 4-5 miles with 4x 75m strides
11			<b>Cross Training</b> 30-45 min	<b>Speed Workout</b> Warm up 1-2 miles 4 x 800m at goal half marathon pace with 200m jog Cool down 1-2 miles	<b>Distance Run</b> 4-5 miles at an easy pace	<b>Rest</b>	<b>Easy Run</b> 20 min easy with 4 x 75m strides	<b>Race</b> Half Marathon!