

MARATHON HANDBOOK

4 WEEK HALF MARATHON TRAINING PLAN: MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Cross Training 30-45 min	Speed Workout Warm up 1-2 miles 10 x 400m at 5k pace with 200m jog Cool down 1-2 miles	Distance Run 7 miles	Rest	Threshold Workout Warm up 1 mile 5 x 4 min at tempo pace with 90 sec rest Cool down 1 mile	Easy Run 4-5 miles	Long Run 10 miles
		Cross Training 45-60 min	Speed Workout Warm up 1-2 miles 6 x 1000m at 5k pace with 200m jog Cool down 1-2 miles	Distance Run 8 miles	Rest	Threshold Workout Warm up 1 mile 2 x 10 min at tempo pace with 90 sec rest Cool down 1 mile	Easy Run 4-5 miles with 4 x 75m strides	Long Run 12 miles
3		Cross Training 45-60 min	Speed Workout Warm up 1-2 miles 6 x 800m at 5k pace with 200m jog Cool down 1-2 miles	Distance Run 7 miles	Rest	Threshold Workout Warm up 1 mile 20 min at tempo pace Cool down 1 mile	Easy Run 4-5 miles with 4 x 75m strides	Long Run 8 miles
		Cross Training 30-40 min	Speed Workout Warm up 1 mile 4 x 800m at goal half marathon pace with 200m jog Cool down 1 mile	Easy Run 4-5 miles	Rest	Shake Out 20 min with 4 x 75m strides	Race Half Marathon!	Rest