MARATHON HANDBOOK

5K TO 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 400 m at 5k pace with 200m jog Cool down 1-2 miles	**Distance Run** 3 miles	**Rest Day**	**Threshold Workout** Warm up 1 mile 5 x 4 min at tempo pace with 90 sec recovery Cool down 1 mile	**Rest or Easy Run** 4-5 miles	**Long Run** 4 miles
2		**Cross Training** 30-45 min	**Speed Workout** Warm Up 1-2 miles 6 x 800 m at 5k pace with 200m jog Cool down 1-2 miles	**Distance Run** 4 miles	**Rest Day**	**Threshold Workout** Warm up 1 mile 4 x 5 min at tempo pace with 90 sec recovery Cool down 1 mile	**Rest or Easy Run** 4-5 miles + 4 x 75m strides	**Long Run** 5 miles
3		**Cross Training** 40-45 min	**Speed Workout** Warm Up 1-2 miles 6 x 1000m at 5k pace with 200m jog Cool down 1-2 miles	**Distance Run** 4 miles	**Rest Day**	**Threshold Workout** Warm up 1 mile 3 x 7 min at tempo pace with 90 sec recovery Cool down 1 mile	**Rest or Easy Run** 4-5 miles + 4 x 75m strides	**Long Run** 6 miles
4		**Cross Training** 40-45 min	**Speed Workout** Warm Up 1-2 miles 1 x 1600 m at 5k pace with 200m jog; 4 x 800 at 5k pace with 200m jog Cool down 1-2 miles	**Distance Run** 4 miles	**Rest Day**	**Tempo Run:** Warm up 1 mile 20 min tempo pace Cool down 1 mile	**Rest or Easy Run** 4-5 miles	**Long Run** 7 miles
5		**Cross Training** 45 min	**Speed Workout** Warm Up 1-2 miles 4 x 800 m at 5k pace with 200m jog; 4 x 400m at mile pace with 200m jog Cool down 1-2 miles	**Distance Run** 4 miles	**Rest Day**	**Tempo Run:** Warm up 1 mile 25 min tempo pace Cool down 1 mile	**Rest or Easy Run** 4-5 miles + 4 x 75m strides	**Long Run** 6 miles with the last 2 miles at goal hald marathon pace
6		**Cross Training** 45 min	**Speed Workout** Warm Up 1-2 miles 6 x 1000m at 5k pace with 200m jog Cool down 1-2 miles	**Distance Run** 5 miles	**Rest Day**	**Tempo Run:** Warm up 1 mile 30 min tempo pace Cool down 1 mile	**Rest or Easy Run** 4-5 miles + 4 x 75m strides	**Long Run** 8 miles
7		**Cross Training** 45 min	**Speed Workout** Warm Up 1-2 miles 3-4 x 1600m at 5k pace with 400m jog Cool down 1-2 miles	**Distance Run** 5 miles	**Rest Day**	**Tempo Run:** Warm up 1 mile 35 min tempo pace Cool down 1 mile	**Rest or Easy Run** 4-5 miles + 4 x 75m strides	**Long Run** 9 miles
8		**Cross Training** 45 - 60 min	**Speed Workout** Warm Up 1-2 miles 5 x 1200 m at 5k pace with 200m jog Cool down 1-2 miles	**Distance Run** 6 miles	**Rest Day**	**Tempo Run:** Warm up 1 mile 30 min tempo pace Cool down 1 mile	**Rest or Easy Run** 4-5 miles + 4 x 75m strides	**Long Run** 10 miles
9		**Cross Training** 45 - 60 min	**Speed Workout** Warm Up 1-2 miles 6-8 x 600m at mile pace with 200m jog Cool down 1-2 miles	**Distance Run** 7 miles	**Rest Day**	**Tempo Run:** Warm up 1 mile 40 min tempo pace Cool down 1 mile	**Rest or Easy Run** 4-5 miles + 4 x 75m strides	**Time Trail** 10k time trial or race
10		**Cross Training** 45 - 60 min	**Speed Workout** Warm Up 1-2 miles 10x 400m at mile pace with 200m jog Cool down 1-2 miles	**Distance Run** 7 miles	**Rest Day**	**Tempo Run:** Warm up 1 mile 40 min tempo pace Cool down 1 mile	**Rest or Easy Run** 4-5 miles + 4 x 75m strides	**Long Run** 10 miles
11		**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 Day**	**Threshold Workout** Warm up 1 mile 2 x 10 min at tempo pace with 90 sec recovery Cool down 1 mile	**Rest or Easy Run** 4-5 miles + 4 x 75m strides	**Long Run** 12 miles
12		**Cross Training** 45 - 60 min	**Speed Workout** Warm Up 1-2 miles 8 x 800m at 5k pace with 200m jog Cool down 1-2 miles	**Distance Run** 7 miles	**Rest Day**	**Shake Out Run** 20 min + 4 x 75m strides	**Rest or Easy Run** 4-5 miles + 4 x 75m strides	**Long Run** 7 miles
13		**Cross Training** 30-40 min	**Speed Workout** Warm Up 1 mile 4 x 800 at goal half marathon pace with 200m jog Cool down 1 mile	**Easy Run** 4-5 miles	**Rest Day**	**Shake Out Run** 20 min + 4 x 75m strides	**Race** **Half Marathon!**	**Rest Day**