

HALF MARATHON 13.1 TRAINING PROGRAM | BEGINNER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CROSS-TRAIN	3 M RUN	2M RUN OR XT	3 M RUN + STRENGTH	REST	30 MIN CROSS-TRAIN	4 M RUN
2	CROSS-TRAIN	3 M RUN	2M RUN OR XT	3 M RUN + STRENGTH	REST	30 MIN CROSS-TRAIN	4 M RUN
3	CROSS-TRAIN	3.5 M RUN	2M RUN OR XT	3.5 M RUN + STRENGTH	REST	40 MIN CROSS-TRAIN	5 M RUN
4	CROSS-TRAIN	3.5 M RUN	2M RUN OR XT	3.5 M RUN + STRENGTH	REST	40 MIN CROSS-TRAIN	5 M RUN
5	CROSS-TRAIN	4 M RUN	2M RUN OR XT	4 M RUN + STRENGTH	REST	40 MIN CROSS-TRAIN	6 M RUN
6	CROSS-TRAIN	4 M RUN	2M RUN OR XT	4 M RUN + STRENGTH	2 M EASY RUN	REST	5K RACE
7	CROSS-TRAIN	4.5 M RUN	3M RUN OR XT	4.5 M RUN + STRENGTH	REST	50 MIN CROSS-TRAIN	7 M RUN
8	CROSS-TRAIN	4.5 M RUN	3M RUN OR XT	4.5 M RUN + STRENGTH	REST	50 MIN CROSS-TRAIN	8 M RUN
9	CROSS-TRAIN	5 M RUN	3M RUN OR XT	5 M RUN + STRENGTH	REST	REST	10K RACE
10	CROSS-TRAIN	5 M RUN	3M RUN OR XT	5 M RUN + STRENGTH	REST	60 MIN CROSS-TRAIN	9 M RUN
11	CROSS-TRAIN	5 M RUN	3M RUN OR XT	5 M RUN + STRENGTH	REST	60 MIN CROSS-TRAIN	10 M RUN
12	CROSS-TRAIN	4 M RUN	3M RUN OR XT	2 M RUN	REST	REST	HALF MARATHON

NOTES:

HALF MARATHON 13.1 TRAINING PROGRAM | INTERMEDIATE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CROSS-TRAIN	3 M RUN	5 X 400 5K PACE	3 M RUN + STRENGTH	REST	3 M RUN	5 M RUN
2	CROSS-TRAIN	3 M RUN	30 MIN TEMPO	3 M RUN + STRENGTH	REST	3 M RUN	6 M RUN
3	CROSS-TRAIN	3.5 M RUN	6 X 400 5K PACE	3.5 M RUN + STRENGTH	REST	REST	5K RACE
4	CROSS-TRAIN	3.5 M RUN	35 MIN TEMPO	3.5 M RUN + STRENGTH	REST	3 M RUN	7 M RUN
5	CROSS-TRAIN	4 M RUN	7 X 400 5K PACE	4 M RUN + STRENGTH	REST	3 M PACE	8 M RUN
6	CROSS-TRAIN	4 M RUN	40 MIN TEMPO	4 M RUN + STRENGTH	3 M EASY RUN	REST	10K RACE
7	CROSS-TRAIN	4.5 M RUN	8 X 400 5K PACE	4 M RUN + STRENGTH	REST	4 M PACE	9 M RUN
8	CROSS-TRAIN	4.5 M RUN	40 MIN TEMPO	5 M RUN + STRENGTH	REST	5 M PACE	10 M RUN
9	CROSS-TRAIN	5 M RUN	9 X 400 5K PACE	5 M RUN + STRENGTH	3 M EASY RUN	REST	15K RACE
10	CROSS-TRAIN	5 M RUN	45 MIN TEMPO	4 M RUN + STRENGTH	REST	5 M PACE	11 M RUN
11	CROSS-TRAIN	5 M RUN	10 X 400 5K PACE	4 M RUN + STRENGTH	REST	3 M PACE	12 M RUN
12	CROSS-TRAIN	4 M RUN	30 MIN TEMPO	2 M RUN	2 M EASY RUN	REST	HALF MARATHON

NOTES:

HALF MARATHON 13.1 TRAINING PROGRAM | ADVANCED

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3 M RUN + STRENGTH	6 X HILL	3 M RUN + STRENGTH	40 MIN TEMPO	REST	3 M RUN	90 MIN RUN
2	3 M RUN + STRENGTH	7 X 400 5K PACE	3 M RUN + STRENGTH	45 MIN TEMPO	REST	3 M PACE	90 MIN RUN
3	3 M RUN + STRENGTH	7 X HILL	3 M RUN + STRENGTH	30 MIN TEMPO	REST OR EASY RUN	REST	5K RACE
4	3 M RUN + STRENGTH	8 X 400 5K PACE	3 M RUN + STRENGTH	40 MIN TEMPO	REST	3 M RUN	90 MIN RUN
5	3 M RUN + STRENGTH	8 X HILL	3 M RUN + STRENGTH	45 MIN TEMPO	REST	3 M PACE	90 MIN RUN
6	3 M RUN + STRENGTH	8 X 400 5K PACE	3 M RUN + STRENGTH	30 MIN TEMPO	REST OR EASY RUN	REST	10K RACE
7	3 M RUN + STRENGTH	4 X 800 10K PACE	3 M RUN + STRENGTH	45 MIN TEMPO	REST	4 M PACE	1:45 RUN
8	3 M RUN + STRENGTH	3 X 1600 RACE PACE	3 M RUN + STRENGTH	50 MIN TEMPO	REST	5 M PACE	1:45 RUN
9	3 M RUN + STRENGTH	5 X 800 10K PACE	3 M RUN + STRENGTH	30 MIN TEMPO	REST OR EASY RUN	REST	15K RACE
10	3 M RUN + STRENGTH	4 X 1600 RACE PACE	3 M RUN + STRENGTH	55 MIN TEMPO	REST	5 M PACE	2:00 RUN
11	3 M RUN + STRENGTH	6 X 800 10K PACE	3 M RUN + STRENGTH	60 MIN TEMPO	REST	3 M PACE	2:00 RUN
12	3 M RUN + STRENGTH	6 X 400 5K PACE	2 M RUN + STRENGTH	30 MIN TEMPO	3 M EASY RUN	REST	HALF MARATHON

NOTES: