

# Half Marathon Training Plan for a Faster Time

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	4 Miles @ Maintenance + Leg Routine 1	Off or Cross Train	4 Miles @ Maintenance	5 Miles @ Maintenance	4 Miles @ Maintenance + Leg Routine 1	Off or Cross Train	7 Miles @ Maintenance
2	4 Miles @ Recovery + Leg Routine 1	Off or Cross Train	4 Miles @ Maintenance	5 Miles @ Maintenance + 5–6 Ascending Hill Repeats	4 Miles @ Recovery + Leg Routine 1	Off or Cross Train	8 Miles @ Maintenance
3	4 Miles @ Recovery + Leg Routine 1	Off or Cross Train	4.5 Miles @ Maintenance	2 Mile Warm-Up + 16–18 x 30/30 Workout + 2 Mile Cool-Down	4 Miles @ Recovery + Leg Routine 1	Off or Cross Train	9 Miles @ Maintenance
4	4 Miles @ Recovery + Leg Routine 1	Off or Cross Train	4.5 Miles @ Maintenance	2 Mile Warm-Up + 4–5 x 5 Min Tempo + 2 Mile Cool-Down	4 Miles @ Recovery + Leg Routine 1	Off or Cross Train	10 Miles @ Maintenance
5	4 Miles @ Recovery + Leg Routine 1	Off or Cross Train	5 Miles @ Maintenance	2 Mile Warm-Up + 16–18 x 30/30 Workout + 2 Mile Cool-Down	4 Miles @ Recovery + Leg Routine 1	Off or Cross Train	12 Miles @ Maintenance
6	4 Miles @ Maintenance + Leg Routine 1	Off or Cross Train	5 Miles @ Maintenance	2 Mile Warm-Up + 6–8 x 800m @ Threshold + 2 Mile Cool-Down	4.5 Miles @ Recovery + Leg Routine 1	Off or Cross Train	9 Miles @ Maintenance
7	5k or 10k Race	Off or Cross Train	2 Mile Warm-Up + 5–6 x 5 Min Tempo + 2 Mile Cool-Down	4.5 Miles @ Recovery	4 Miles @ Recovery + Leg Routine 1	Off	3 Miles @ Maintenance

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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	5 Miles @ Recovery + Leg Routine 1	Off or Cross Train	4 Miles @ Maintenance + Leg Routine 1	5 Miles @ Maintenance	8 Miles @ Maintenance	Off or Cross Train	13 Miles @ Maintenance
9	5 Miles @ Recovery + Leg Routine 1	Off or Cross Train	5.5 Miles @ Maintenance	2 Mile Warm-Up + 8–10 x 800m @ Threshold + 2 Mile Cool-Down	5 Miles @ Recovery + Leg Routine 1	Off or Cross Train	15 Miles @ Maintenance
10	4 Miles @ Recovery + Leg Routine 1	Off or Cross Train	5.5 Miles @ Maintenance	2 Mile Warm-Up + 5–6 x 5 Min Tempo + 2 Mile Cool-Down	5 Miles @ Recovery + Leg Routine 1	Off or Cross Train	12 Miles @ Maintenance + 3 Miles @ Race Pace
11	4 Miles @ Recovery + Leg Routine 1	Off or Cross Train	5 Miles @ Maintenance	2 Mile Warm-Up + 10 x 800m @ Threshold + 2 Mile Cool-Down	5 Miles @ Recovery + Leg Routine 1	Off or Cross Train	10 Miles @ Maintenance + 2 Miles @ Race Pace
12	Half Marathon	Off	5 Miles @ Maintenance	2 Mile Warm-Up + 3 x 5 Min Tempo + 2 Mile Cool-Down	4.5 Miles @ Recovery	Off	3 Miles @ Maintenance