

# SAMPLE TRAINING PACE CHART

## 2 HOUR HALF MARATHON

\*The following workouts would be in addition to easy weekly mileage

Week	Speed Work Pace (per mile)	Long Run Pace (per mile)
1	10:00	10:30
2	9:50	10:20
3	9:40	10:10
4	9:30	10:00
5	9:20	9:50
6	9:10	9:40
7	9:00	9:30
8	8:55	9:20
9	8:50	9:10
10	8:45	9:00
11	8:40	8:58
12	8:35	8:56

