

2 HOUR HALF MARATHON TRAINING PLAN

(PART 1 OF 2) - WEEK'S 1-6

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	4 miles easy	1.5 mile warm-up + 4x800 + 1.5 mile cooldown	4 miles easy	4 miles easy	4 miles easy	5 miles easy	Rest
2	4 miles easy	1.5 mile warm-up + 5x800 + 1.5 mile cooldown	4 miles easy	4 miles easy	4 miles easy	3 miles easy x 1 mile 9:09 pace x 2 miles easy	Rest
3	4 miles easy	1.5 mile warm-up + 6x800 + 1.5 mile cooldown	Rest	4 miles easy	4 miles easy	7 miles easy	Rest
4	4 miles easy	1.5 mile warm-up + 4x1200 + 1.5 mile cooldown	4 miles easy	4 miles easy	4 miles easy	3 miles easy x 2 miles 9:09 pace x 2 miles easy	Rest
5	4 miles easy	1.5 mile warm-up + 5x1200 + 1.5 mile cooldown	Rest	4 miles easy	4 miles easy	9 miles easy	Rest
6	4 miles easy	1.5 mile warm-up + 6x1200 + 1.5 mile cooldown	4 miles easy	4 miles easy	4 miles easy	3 miles easy x 3 miles 9:09 pace x 2 miles easy	Rest

