

# 2 HOUR HALF MARATHON TRAINING PLAN

(PART 2 OF 2) - WEEK'S 7-12

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	4 miles easy	1.5 mile warm-up + 8x400 + 1.5 mile cooldown	Rest	4 miles easy	4 miles easy	11 miles easy	Rest
8	4 miles easy	1.5 mile warm-up + 6x1200 + 1.5 mile cooldown	4 miles easy	4 miles easy	4 miles easy	4 miles easy x 5 miles 9:09 pace x 3 miles easy	Rest
9	4 miles easy	1.5 mile warm-up + 7x1200 + 1.5 mile cooldown	4 miles easy	4 miles easy	4 miles easy	3 miles easy x 3 miles 9:09 pace x 1 mile easy x 3 miles @ 9:09 3 miles easy	Rest
10	4 miles easy	1.5 mile warm-up + 8x1200 + 1.5 mile cooldown	Rest	4 miles easy	4 miles easy	10 miles easy	Rest
11	4 miles easy	1.5 mile warm-up + 6x800 + 1.5 mile cooldown	4 miles easy	4 miles easy	4 miles easy	8 miles easy	Rest
12	2 miles easy + 1 mile fast	1.5 mile warm-up + 4x800 + 1.5 mile cooldown	Rest	2 miles easy + 1 mile fast	3 miles easy	Race day! (13.1 miles)	Rest

