



6 WEEK HALF MARATHON TRAINING PLAN

WARNING: NOT INTENDED FOR PR. INTENDED SOLELY FOR FINISH.

***WU = WARM UP / CD = COOL DOWN**

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	4 Miles Easy	4 Miles Easy	2 Mile WU 10x400m (85-90% Effort, 90 seconds rest between sets) 2 Mile CD	4 Miles Easy	5 Miles Easy	6 Miles Easy	Rest
2	4 Miles Easy	5 Miles Easy	2 Mile WU 6X800m (90% effort, 90 seconds rest between sets) 1 Mile CD	4 Miles Easy	5 Miles Easy	8 Miles Easy	Rest
3	5 Miles Easy	5 Miles Easy	7 Miles Easy	4 Miles Easy	4 Miles Easy	9 Miles Easy	Rest
4	5 Miles Easy	6 Miles Easy	2 Mile WU 4 x 1 Mile (85% Effort, 3 minute rest between sets) 1 Mile CD	5 Miles Easy	4 Miles Easy	11 Miles Easy	Rest
5	4 Miles Easy	5 Miles Easy	1 Mile WU 10x800m (90% Effort, 90 seconds rest between sets) 1 Mile CD	4 Miles Easy	7 Miles Easy	9 Miles Easy	Rest
6	5 Miles Easy	7 Miles Easy	5 Miles Easy	3 Miles Easy	Rest	2 Miles Easy	Race Day