



3rd Annual 1/2 Marathon / 5K Run-or-Walk
to benefit the



Half-Marathon Training Schedule for Intermediate Runners

Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/19	Cross-Train	30 min. / Tempo Run	REST	3 mile	REST	5 mile	2 mile / EZ pace
4/26	Cross-Train	30 min. / Tempo Run	REST	3 mile	REST	6 mile	2.5 mile / EZ pace
5/3	Cross-Train	35 min. / Tempo Run	2 mile	3 mile	REST	7 mile	2 mile / EZ pace
5/10	Cross-Train	35 min. / Tempo Run	REST	4 mile / Race pace	REST	7 mile	3 mile / EZ pace
5/17	Cross-Train	35 min. / Tempo Run	3 mile	3 mile / Race pace	REST	8 mile	3 mile / EZ pace
5/24	Cross-Train	35 min. / Tempo Run	3 mile	4 mile / Race pace	2 mile / EZ pace	REST	10K race
5/31	Cross-Train	40 min. / Tempo Run	REST	4 mile / Race pace	REST	9 mile	3 mile / EZ pace
6/7	Cross-Train	40 min. / Tempo Run	3 mile	3 mile / Race pace	REST	10 mile	3 mile / EZ pace
6/13	Cross-Train	45 min. / Tempo Run	3 mile	4 mile / Race pace	REST	11 mile	REST
6/20	Cross-Train	45 min. / Tempo Run	4 mile	3 mile / Race pace	REST	12 mile	3 mile / EZ pace
6/27	Cross-Train	45 min. / Tempo Run	REST	3 mile / Race pace	REST	5 mile	2.5 mile / EZ pace
7/5	REST	4 mile	30 min. / 10K pace	2 mile	REST	20 min.	RACE DAY!

So you've already run at least one half-marathon (13.1 miles), and now you're moving on to your next goal: Improving your time. Use this 12-week training schedule (see table below) to help you run a personal record (PR) in your next half-marathon.

To start this plan, you should already be running about 30 to 60 minutes a day, about five days a week.

Notes about the schedule:

Cross-training: Cross-training (CT) activities allow you to give your joints and running muscles a break, while still working on your cardio. When the schedule calls for CT, do a cardio activity other than running (biking, swimming, elliptical trainer) at moderate effort for 45 to 60 minutes.

Tempo Run: Tempo runs help you develop your anaerobic threshold, which is critical for faster racing. For a 40-minute tempo run, for example, start your run with 5 to 10 minutes of easy running, then continue with 15 to 20 minutes of running at about a 10K pace. Finish with 5 to 10 minutes of cooling down. If you're not sure what your 10K pace is, run at a pace that feels "comfortably hard."

REST: Rest is critical to your recovery and injury prevention efforts, so don't ignore rest days. Your muscles actually build and repair themselves during your rest days. If you run every day without taking days off, you won't see much improvement. Fridays are a good day for rest, as you'll have run on Thursday and will have your longest run of the week on Saturday.

Saturday long runs: After you warm up, run at a comfortable pace for the designated mileage. Make sure you cool down and stretch after your run. If most of your runs are on the road, and you're not sure how far you run, you can figure out the mileage by using resources such as MapMyRun.com. Or, you can always drive your route in your car ahead of time and measure the mileage using your car odometer.

Sundays: This is an active recovery day. Your run should be at an easy (EZ), comfortable pace, which helps loosen up your muscles.

Note: You can switch days to accommodate your schedule. If you're busy one day, it's fine to swap a rest day for a run day.