



# Half Marathon Training for Advanced Runners

| Week | Date          | Mon  | Tue   | Wed | Thu   | Fri  | Sat  | Sun |
|------|---------------|------|-------|-----|-------|------|------|-----|
| 1    | 8/2 - 8/8     | rest | Hill  | 3   | Tempo | 3    | 5    | 3   |
| 2    | 8/9 - 8/15    | rest | Speed | 3   | Tempo | 3    | 6    | 3   |
| 3    | 8/16 - 8/22   | rest | Hill  | 3   | Tempo | rest | 3    | 3   |
| 4    | 8/23 - 8/29   | rest | Speed | 3   | Tempo | 3    | 7    | 3   |
| 5    | 8/30 - 9/5    | rest | Hill  | 3   | Tempo | 3    | 8    | 3   |
| 6    | 9/6 - 9/12    | rest | Speed | 3   | Tempo | rest | 6    | 3   |
| 7    | 9/13 - 9/19   | rest | Hill  | 3   | Tempo | 4    | 9    | 3   |
| 8    | 9/20 - 9/26   | rest | Speed | 3   | Tempo | 5    | 10   | 3   |
| 9    | 9/27 - 10/3   | rest | Hill  | 3   | Tempo | rest | 8    | 3   |
| 10   | 10/4 - 10/10  | rest | Speed | 3   | Tempo | 5    | 13   | 3   |
| 11   | 10/11 - 10/17 | rest | Hill  | 3   | Tempo | 3    | 10   | 3   |
| 12   | 10/18 - 10/23 | rest | Speed | 2   | Tempo | rest | 13.1 |     |

Got Support? Sign up for the **FREE** half marathon training program to get the tools, tips, and words of wisdom to help you get to the finish line! Visit [www.swhalf.com](http://www.swhalf.com) for info.

*Consult your doctor before beginning any exercise program.*