



HALF MARATHON

	MON	TUE	WED	THU	FRI	SAT	SUN
1	REST	EASY 6K	REST CROSS TRAIN	2K WARM UP 5K TEMPO 1K COOL DOWN QUICKER THAN RP	EASY 6K	REST CROSS TRAIN	10K
2	REST	EASY 8K	REST CROSS TRAIN	2x 1.5K	EASY 6K	REST CROSS TRAIN	13K
3	REST	EASY 8K	REST CROSS TRAIN	2K WARM UP 5K TEMPO 1K COOL DOWN AROUND RP	EASY 6K	REST CROSS TRAIN	15K
4	REST	EASY 8K	REST CROSS TRAIN	2K WARM UP 5K TEMPO 1K COOL DOWN QUICKER THAN RP	EASY 6K	REST CROSS TRAIN	15K
5	REST	EASY 8K	EASY 5K	2K WARM UP 5K TEMPO 1K COOL DOWN EQUAL RP	EASY 6K	REST CROSS TRAIN	8K
6	REST	EASY 6K	REST CROSS TRAIN	3x 1.5K	EASY 6K	REST CROSS TRAIN	16K
7	REST	EASY 5K	EASY 5K	2K WARM UP 6K TEMPO 1K COOL DOWN QUICKER THAN RP	EASY 5K	REST CROSS TRAIN	18K
8	REST	EASY 5K	EASY 5K	2K WARM UP 8K TEMPO 1K COOL DOWN QUICKER THAN RP	EASY 6K	REST CROSS TRAIN	20K
9	REST	EASY 5K	EASY 5K	4x 1.5K	EASY 5K	REST CROSS TRAIN	16K
10	REST	EASY 5K	REST CROSS TRAIN	5K STEADY + 1.5K QUICKER THAN RP	REST	REST	RACE DAY