

Half Marathon Schedule



Week 1

Sunday 14 miles
Tuesday club speed session
Thursday 6 miles race pace

Week 2

Sunday 15 miles
Tuesday club speed session
Thursday 7 miles race pace

Week 3

Sunday 16 miles
Tuesday club speed session
Thursday 8 miles race pace

Week 4

Sunday 17 miles
Tuesday club speed session
Thursday 9 miles race pace

Week 5

Sunday 18 miles
Tuesday club speed session
Thursday 10 miles race pace

Week 6

Sunday 15 miles
Tuesday club speed session 50% effort
Thursday 6 miles easy
***Sunday* Half marathon**