

Date		MILEAGE	WORKOUT	INSTRUCTIONS
------	--	---------	---------	--------------

Week 1

Monday	Easy	2-3	Recovery - Easy Day Effort	
Tuesday	Easy	2-3	Recovery - Easy Day Effort	
Wednesday	Cross Training	0	45min-60min of Cross Training. Spinning, swimming, water running or elliptical	
Thursday	Moderate	4-5	Warm Up 1 Mile followed by some light stretching - 3:00min ON 2:00min OFF X 4 - Cool down 1 Mile	The 3min ON should be at Half Marathon effort with an easy 2min jog between each.
Friday	Cross Training	0	45min-60min of Cross Training. Spinning, swimming, water running or elliptical	
Saturday	LONG	6	Recovery - Easy Day Effort	
Sunday	OFF	0	OFF	

**TOTAL
Mileage** **14-17**

Date		MILEAGE	WORKOUT	INSTRUCTIONS
------	--	---------	---------	--------------

Week 2

Monday	Easy	3-4	Recovery - Easy Day Effort	
Tuesday	Workout	3-4	Warm Up 1 Mile followed by some light stretching - 3 X 5:00min (w/3:00rest between each) - Cool down 1 mile	The 5min pushes should be 10k type effort to where the last minute is challenging. The recovery should be easy jogging
Wednesday	Cross Training	0	45min-60min of Cross Training. Spinning, swimming, water running or elliptical	
Thursday	Easy	3-4	Recovery - Easy Day Effort	
Friday	Cross Training	0	45min-60min of Cross Training. Spinning, swimming, water running or elliptical	
Saturday	Long	8	Moderate - This should be a touch quicker than a normal easy day pace	
Sunday	OFF	0	OFF	

TOTAL MILEAGE 17-20

Date		MILEAGE	WORKOUT	INSTRUCTIONS
------	--	---------	---------	--------------

Week 3

Monday	Easy	3-4	Recovery - Easy Day Effort	
Tuesday	Workout	4-5	Warm Up 1 Mile followed by some light stretching - 2 X 8:00min (w/2:00min rest) - Cool down 1 mile	The 8min push should be half marathon effort to where you finish feeling like you could hold that pace for another few minutes comfortably. Easy jogging between efforts
Wednesday	Cross Training	0	45min-60min of Cross Training. Spinning, swimming, water running or elliptical	
Thursday	Easy	3-4	Recovery - Easy Day Effort	
Friday	Cross Training	0	45min-60min of Cross Training. Spinning, swimming, water running or elliptical	
Saturday	Workout	7-8	Warm Up with 2 miles followed by some light stretching for 5-8min. 4 Mile TEMPO run - Cool down 1-2 miles	This should be a marathon effort run so a controlled tempo effort where you are running about 1 min per mile quicker than your normal easy day effort
Sunday	OFF	0	OFF	

**TOTAL
Mileage 17-21**

Date		MILEAGE	WORKOUTS	INSTRUCTIONS
------	--	---------	----------	--------------

Week 4

Monday	Easy	3-4	Recovery - Easy Day Effort	
Tuesday	Workout	5-6	Warm Up 1 Mile followed by some light stretching - 3 X 10:00min (w/4:00rest) - Cool down 1-2 Miles	These should all be in goal half marathon pacing and effort with an easy jog between each.
Wednesday	Cross Training	0	45min-60min of Cross Training. Spinning, swimming, water running or elliptical	
Thursday	Easy	3-4	Recovery - Easy Day Effort	
Friday	Cross Training	0	45min-60min of Cross Training. Spinning, swimming, water running or elliptical	
Saturday	LONG	8	Moderate - This run should be a bit more up tempo about 30sec per mile quicker than a normal easy day	
Sunday	OFF	0	OFF	

**TOTAL
Mileage 19-22**

Date		MILEAGE	WORKOUTS	INSTRUCTIONS
------	--	---------	----------	--------------

Week 5

Monday	Easy	4-5	Recovery - Easy Day Effort	
Tuesday	Workout	5-6	Warm Up 1.5 Miles followed by some light stretching - 2 Miles Steady (5:00recovery) 1 Mile Steady - 1-2 Mile Cool down	The 2 mile and 1 mile efforts should be at Half Marathon effort. Easy walking and jogging between the efforts
Wednesday	Cross Training	0	45min-60min of Cross Training. Spinning, swimming, water running or elliptical	
Thursday	Easy	3-4	Recovery - Easy Day Effort	
Friday	Easy	3-4	Recovery - Easy Day Effort	
Saturday	LONG	10	Moderate -	
Sunday	OFF	0	OFF	

**TOTAL
Mileage 25-29**

Date		MILEAGE	WORKOUTS	INSTRUCTIONS
------	--	---------	----------	--------------

Week 6

Monday	Easy	4-5	Recovery - Easy Day Effort	
Tuesday	Easy	4-5	Recovery - Easy Day Effort	
Wednesday	Workout	4-5	Warm Up 1.5 Miles followed by some light stretching - 4 X 5:00min (w/3:00rest) - Cool down 1 Mile	The 5min pushes should be closer to 10k effort so pretty challenging for each one. The recovery should be easy jogging
Thursday	Cross Training	0	45min-60min of Cross Training. Spinning, swimming, water running or elliptical	
Friday	Easy	4-5	Recovery - Easy Day Effort	
Saturday	LONG	10	Easy - Just a nice easy long run this week	
Sunday	OFF	0	OFF	

TOTAL MILEAGE 26-30

Date		MILEAGE	WORKOUTS	INSTRUCTIONS
------	--	---------	----------	--------------

Week 7

Monday	Easy	4-5	Recovery - Easy Day Effort	
Tuesday	Easy	4-5	Recovery - Easy Day Effort	
Wednesday	Workout	6	Warm Up 1.5 miles nice and easy (5-8min of light stretching) 4 Mile TEMPO - Cool down 1/2 mile	This should be goal race pace effort for the Half Marathon
Thursday	Cross Training	0	45min-60min of Cross Training. Spinning, swimming, water running or elliptical	
Friday	Easy	4-5	Recovery - Easy Day Effort	
Saturday	LONG	8	Easy for this long run	
Sunday	OFF	0	OFF	

TOTAL MILEAGE 24-25

Date		MILEAGE	WORKOUTS	INSTRUCTIONS
------	--	---------	----------	--------------

Week 8

Monday	Easy	3-4	Recovery - Easy Day Effort	
Tuesday	Workout	4	Warm Up 1 Mile followed by some light stretching - 5 X 2:00min ON - 2:00min OFF - Cool down 1 mile	The 2min ON should be 10k effort with an easy 2min jog between each.
Wednesday	Easy	3-4	Recovery - Easy Day Effort	
Thursday	OFF	0	OFF	
Friday	Easy	2-3	Recovery - Easy Day Effort	
Saturday	OFF	0	OFF	
Sunday	Race	6-13	Rock 'n' Roll Denver	

TOTAL MILEAGE 18-28