

ON TO A HALF MARATHON 8 week Training Plan, building on "SAINTS DAYS" training, thus is actually the last 8 weeks of an 16 week training plan that started January 17, 2016

(LONG RUN ON 10K PLAN = 6.5MILES; 6day total $4 + 3.5 + 3 = 10.5 = 17$ MILES)

March 13 / WEEK 1/9

Sunday: 20 -30 Minute WALK

Monday: 4mile easy run

Tuesday: 4mile easy run or 2mile warm up/ 4-6 hill repeats/1mile easy run

Wednesday: strength train

Thursday: 3mile easy run

Friday: rest or strength or cross train

Saturday: long easy run **6 miles (7.5)**

11miles (6 day total)+ LONG RUN 6 MILES = 17 MILES; no increase from "SAINTS"

March 20 / WEEK 2 /10

Sunday through Friday same as previous week

Saturday: Long easy run **7.5 miles (9.0)**

11miles (6 day total) + 7.5 MILES = 18.5 MILES; increase 1.5/18.5 (<9%)

March 27 / WEEK 3 /11

Sunday through Friday same as previous week

Saturday: Long easy run **9.0 miles (10.5)**

11miles (6 day total) 9.0 MILES = 20 MILES; increase 1.5/20 (<8%)

APRIL 3 / WEEK 4 /12

Sunday, Monday- Wednesday, Friday same as previous week

Thursday: 3 mile easy run

or 1 mile warm up/2mile tempo run

Saturday: Long easy run **10.5 miles (12)**

11miles (6 day total) +10.5 MILES = 21.5 MILES increase 1.5/21.5 (<7%)

APRIL 10 / WEEK 5 /13

Sunday, Monday- Wednesday, Friday same as previous week

Thursday: 3mile easy run

or 1 mile warm up/2mile tempo run

Saturday: Long easy run **12 miles (13.5)**

11miles (6day total) +12 MILES = 23 MILES; increase 1.5/23 (<7%)

APRIL 17 / WEEK 6 /14

Sunday, Monday- Wednesday, Friday same as previous week

Thursday: 3mile easy run

or 1 mile warm up/2mile tempo run

Saturday: Long easy run **13.5 miles (or begin taper to race APRIL 30 or MAY1)**

11miles (6 day total)+13.5 MILES = 24.5 MILES; increase 1.5/24.5 (<7%)

APRIL 24 / WEEK 7 /15 (taper)

Monday, Tuesday, and Thursday: 30 minute runs each day

Wednesday and Friday: rest or easy cross train

Saturday: Long easy run **45 minutes**

May 1 / WEEK 8 /16 (race week)

Monday/Wednesday/Friday easy walking;

Tuesday/Thursday: 30minute easy runs

Saturday or Sunday: HALF MARATHON