

Hal Higdon's Half Marathon Training Program

Half Marathon Training: Intermediate							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	3 m run	5 x 400 5-K pace	3 m run + strength	Rest	3 m run	5 m run
2	Stretch & Strengthen	3 m run	30 min tempo run	3 m run + strength	Rest	3 m pace	6 m run
3	Stretch & Strengthen	3.5 m run	6 x 400 5-K pace	3 m run + strength	Rest or easy run	Rest	5-K Race
4	Stretch & Strengthen	3.5 m run	35 min tempo run	3 m run + strength	Rest	3 m run	7 m run
5	Stretch & Strengthen	4 m run	7 x 400 5-K pace	3 m run + strength	Rest	3 m pace	8 m run
6	Stretch & Strengthen	4 m run	40 min tempo run	3 m run + strength	Rest or easy run	Rest	10-K Race
7	Stretch & Strengthen	4.5 m run	8 x 400 5-K pace	3 m run + strength	Rest	4 m pace	9 m run
8	Stretch & Strengthen	4.5 m run	40 min tempo run	3 m run + strength	Rest	5 m pace	10 m run
9	Stretch & Strengthen	5 m run	9 x 400 5-K pace	3 m run + strength	Rest or easy run	Rest	15-K Race
10	Stretch & Strengthen	5 m run	45 min tempo run	3 m run + strength	Rest	5 m pace	11 m run
11	Stretch & Strengthen	5 m run	10 x 400 5-K pace	3 m run + strength	Rest	3 m pace	12 m run
12	Stretch & Strengthen	4 m run	30 min tempo run	3 m run	Rest	Rest	Half Marathon