



Half Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oct 2-8	Rest	Easy Run 30 - 75	Power Repeats (10) - 2x15r5 - (10)	Easy Run 30 - 75	Speed Repeats (10) - 6x2r3 - (10)	Easy Run 30 - 75	Long Run 50 - 105 (15-20 GMP)
Oct 9-15	Rest	Easy Run 30 - 75	GMP Run (10) - 40 - (10)	Easy Run 30 - 75	Tempo Run (10) - 25 - (10)	Easy Run 30 - 75	Long Run 60 - 105 (20-25 GMP)
Oct 16-22	Rest	Easy Run 40 - 75	Power Repeats (10) - 2x20r7 - (10)	Easy Run 40 - 75	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 40 - 75	Long Run 70 - 105 (20-25 GMP)
Oct 23-29	Rest	Easy Run 40 - 75	GMP Run (10) - 50 - (10)	Easy Run 40 - 75	Speed Repeats (10) - 4x5r5 - (10)	Easy Run 40 - 75	Long Run 80 - 105 (20-25 GMP)
Oct 30 - Nov 5	Rest	Easy Run 45 - 80	Tempo Run (10) - 30 - (10)	Easy Run 45 - 80	Fartlek (10) - 20 - (10)	Easy Run 45 - 80	Long Run 90 - 105 (10-15 GMP)
Nov 6-12	Rest	Easy Run 45 - 80	Tempo Repeats (10) - 4x10r4 - (10)	Easy Run 45 - 80	Speed Repeats (10) - 6x3r3 - (10)	Easy Run 35 - 60	Long Run 40-75
Nov 13-19	Rest	Easy Run 45	Speed Repeats (10) - 5x2r3 - (10)	Easy Run 35	Easy Run + Strides 30	Easy Run 20	Race Day 13.1 Miles!

Additional Resources @ jaredward.us/philadelphia-marathon