

CTC HALF MARATHON TRAINING SCHEDULE

EXPERIENCED PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
12/17/07	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
12/24/07	5 mi easy	Rest / XT	6 mi tempo	4 x 400	Rest / XT	10 mi long	Rest	24 mi
12/31/07	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	10 mi long	Rest	25 mi
1/7/08	5 mi easy	Rest / XT	8 mi tempo	3 x 1600	Rest / XT	8 mi long	Rest	26 mi
1/14/08	5 mi easy	Rest / XT	6 mi tempo	6 x 400	Rest / XT	10 mi long	Rest	25.5 mi
1/21/08	5 mi easy	Rest / XT	8 mi tempo	3 x 1600	Rest / XT	10 mi long	Rest	28 mi
1/28/08	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest	23 mi
2/4/08	5 mi easy	Rest / XT	8 mi tempo	6 x 400	Rest / XT	12 mi long	Rest	29.5 mi
2/11/08	5 mi easy	Rest / XT	8 mi tempo	4 x 1600	Rest / XT	8 mi long	Rest	27 mi
2/18/08	5 mi easy	Rest / XT	5 mi tempo	3 x 800	Rest / XT	8 mi long	Rest	21.5 mi
2/25/08	5 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest	Half Marathon	Rest	21.1 mi

Prior to the week of December 17th you should build up your running to the point where you feel comfortable running a 10-12 mile long run. You should also be comfortable running a total of four days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30- 40 minutes two days a week, if you like.

- Easy: run at an easy pace
- Tempo: run at race tempo pace
- Long: ran at a pace at least 30 - 60 seconds a mile slower than your intended race pace
- Thursday: speed work run at 5k race pace, warm up and cool down 1 mile each, take jogging break in between sets (break should be half the distance of each set). Example: on a 4 x 400 day, you should warm up a mile, then run a 400 meter lap at 5k race pace, then jog 200 meters, then repeat process three additional times. Finish with a one-mile cool down.
- Rest / XT: rest or cross train