

Half Marathon Training Program - Fall 2018
Mariemont, OH

Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	2-Jul	2	3	4th of July 5K	2	Rest or Cross	3	2	13.1
2	9-Jul	2	3	Rest or Cross	2	Rest or Cross	4	2	13
3	16-Jul	2	3 miles + 4 Hills	Rest or Cross	2	Rest or Cross	5	2	14
4	23-Jul	2	3 miles + 4 x 400	Rest or Cross	2	Rest or Cross	6 Mariemont	2	17
5	30-Jul	2	2 miles warm-up 2 miles at race pace 1 mile cool-down	Rest or Cross	2	Rest or Cross	5	3	17
6	6-Aug	3	4	Rest or Cross	3	Rest or Cross	3	Little Miami 10K	19.1
7	13-Aug	3	4 miles + 3 x 800	Rest or Cross	3	Rest or Cross	8	3	22
8	20-Aug	3	4 miles + 5 Hills	Rest or Cross	3	Rest or Cross	5	3	20
9	27-Aug	3	5 miles + 6 x 400	Rest or Cross	3	Rest or Cross	9 Edgewood	3	26
10	3-Sep	3	1 mile warm-up 4 miles at race pace 1 mile cool down	Rest or Cross	3	Rest or Cross	10	3	19
11	10-Sep	3	6	Rest or Cross	3	3	11	OFF	24
12	17-Sep	3	5 miles + 6 Hills	Rest or Cross	4	Rest or Cross	Hudy 14K	3	28
13	24-Sep	3	4 miles + 5 x 800	Rest or Cross	4	Rest or Cross	12 Fountain Square	3	26
14	1-Oct	4	4 miles + 8 x Hills	Rest	4	Rest	5	3	25
15	8-Oct	4	1 mile warm-up 5 miles at race pace 1 mile cool down or 4 miles if Queen Bee	Rest or Cross	5	Rest or Cross	7 miles or Queen Bee Half	4	33.1
16	15-Oct	4	6	Rest or Cross	4	Rest or Cross	4 miles - if Queen Bee 13 - if Monumental Cook Out!	4	32
17	22-Oct	3	5	Rest or Cross	4	Rest or Cross	8	3	24
18	29-Oct	3	3	2	Rest or Cross	2	Indianapolis Monumental	OFF	21.1

General Advice

Long Runs: Saturday mornings will be our long runs. Our long runs get progressively longer; however, we drop back every so often. Do not skip your long run on Saturdays. This will be key to finishing. Run slower on these runs. We recommend at least 45 seconds slower than marathon pace.

Hill Training: Hill repeats make you stronger and faster.

Interval Training: This will help increase your aerobic capacity and overall speed.

Little Miami 10K: This should be run at your race pace.
Example: If you plan to run your 1/2 marathon in 2:15; this equals a 10:18 pace. Run this race at a 10:18 pace.

Cross Training: We recommend that you do some aerobic activity that is less impactful to the body; such as cycling and swimming.
We also recommend that you use this time to do some core work.