

Half Marathon Training Program - Indianapolis Monumental 2017
Mariemont, OH

Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	3-Jul						3	2	5
2	10-Jul	2	3	Rest or Cross	2	Rest or Cross	4	2	13
3	17-Jul	2	3	Rest or Cross	2	Rest or Cross	5	2	14
4	24-Jul	2	3 miles + 4 x 400	Rest or Cross	2	Rest or Cross	6 Mariemont	2	17
5	31-Jul	2	3 miles + 4 Hills	Rest or Cross	2	Rest or Cross	5	3	17
6	7-Aug	3	4	Rest or Cross	3	Rest or Cross	3	Little Miami 10K	19.2
7	14-Aug	3	4 miles + 3 x 800	Rest or Cross	3	Rest or Cross	7	3	22
8	21-Aug	3	4 miles + 5 Hills	Rest or Cross	3	Rest or Cross	8	3	23
9	28-Aug	3	1 mile warm-up 2 miles at race pace 1 mile cool down	Rest or Cross	3	Rest or Cross	9 Edgewood	3	22
10	4-Sep	3	4	Rest or Cross	3	Rest or Cross	6	3	19
11	11-Sep	3	5 miles 6 x 400	Rest or Cross	3	Rest or Cross	9 miles OR Hudy 14K	3	25
12	18-Sep	3	6	Rest or Cross	4	Rest or Cross	11	3	27
13	25-Sep	3	5 miles + 6 Hills	Rest or Cross	4	Rest or Cross	8 Fountain Square	3	26
14	2-Oct	4	2 mile warm-up 4 miles at race pace 1 mile cool down	Rest or Cross	4	Rest	7 miles OR Queen Bee 1/2	3	25
15	9-Oct	4	4 miles + 5 x 800	Rest or Cross	5	Rest or Cross	12 Washington Park	4	30
16	16-Oct	4	5 miles + 8 Hills	Rest or Cross	4	Rest or Cross	13	4	34
17	23-Oct	3	2 mile warm-up 3 miles at race pace 1 mile cool down	Rest or Cross	4	Rest or Cross	8	3	24
18	30-Oct	3	3	Rest or Cross	Rest or Cross	2	Indianapolis Monumental	REST	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 about 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 1/2 Marathon and 10K: This should be run at Marathon 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.