



8 Week Half Marathon Training Plan

Goal race time ~ 1:56:00
Weekly Distances 30mi - 41mi



Day 1 5mi EZ	Day 2 5mi EZ	Day 3 ~6mi Tempo 3mi @ 8:45	Day 4 4mi EZ	Day 5 Rest or C/T	Day 6 10mi LR	Day 7 3mi EZ	WK 1 ~33mi	~ = approx b/w = between C/T= Cross Train (Swim, plyometrics, cycle, abs, push-ups) see our training page for C/T tips. EZ = easy LR = Long Run
Day 8 6mi EZ	Day 9 5mi EZ	Day 10 ~7mi Speed work. 3x 1mi @ 8:20 W 800m jogs b/w	Day 11 5mi EZ	Day 12 Rest or C/T	Day 13 10mi LR	Day 14 2mi EZ	WK 2 ~35mi	
Day 15 6mi EZ	Day 16 5mi EZ	Day 17 ~7mi Tempo 4mi @ 8:40	Day 18 5mi EZ	Day 19 Rest or C/T	Day 20 11mi LR	Day 21 Rest	WK 3 ~35mi	
Day 22 8mi EZ	Day 23 Rest or C/T	Day 24 8mi EZ	Day 25 8mi EZ	Day 26 Rest or C/T	Day 27 8mi EZ	Day 28 Rest	WK 4 ~30mi	

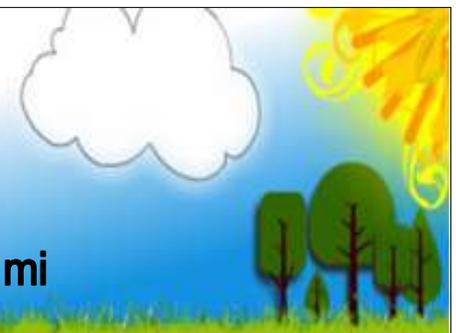
Please consult with your health care provider for before starting this or any endurance training plan.



AdventureGeek
p r o d u c t i o n s

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Day 29 7mi EZ	Day 30 6mi EZ	Day 31 ~7mi Tempo 4mi @8:35	Day 32 6mi EZ	Day 33 3mi EZ	Day 34 11mi LR	Day 35 Rest	WK 5 ~40mi	-Add a warm up, dynamic stretching and drills before every Speed work & Tempo workout and a cool down after -Hit the trails on 1 or 2 of your EZ days.
Day 36 7mi EZ	Day 37 6mi EZ	Day 38 ~8mi Speed work. 3 x 1 mile @8:10 w/ 800m jog b/w	Day 39 5mi EZ	Day 40 Rest or C/T	Day 41 12mi LR	Day 42 Rest	WK 6 ~41mi	
Day 43 8mi EZ	Day 44 7mi EZ	Day 45 ~9mi Tempo 5mi @8:30	Day 46 5mi EZ	Day 47 Rest	Day 48 10mi LR	Day 49 Rest or C/T	WK 7 ~41mi	
Day 50 Rest	Day 51 4mi EZ	Day 52 Rest	Day 53 ~8mi Tempo 4mi @ 8:40	Day 54 5mi	Day 55 Rest	Day 56 13.1 Race Day! Adventure Geek Out!	WK 8 ~30mi	

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