Half Marathon (Mile) – Race date: 20th April

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	40 min cross	3.5 mi run	6 x 400 5-K Pace	3 mi run	Rest	Rest	**5-K Race**
2	40 min cross	3.5 mi run	35 min tempo	3 mi run	Rest	3 mi run	7 mi run
3	40 min cross	4 mi run	7 x 400 5-K Pace	3 mi run	Rest	3 mi run	**10 mi K Race**
4	50 min cross	4 mi run	40 min tempo	3 mi run	Rest or easy run	4 mi run	10 mi run
5	Rest	4.5 mi run	8 x 400 5-K Pace	3 mi run	Rest	5 mi run	**15-K Race**
6	50 min cross	5 mi run	45 min tempo	3 mi run	Rest or easy run	5 mi run	12 mi run
7	Rest	4 mi run	30 min tempo	2 mi run	Rest	3 mi run	**Half Marathon**

Half Marathon (Kilometers) – Race date: 20th April

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	40 min cross	5.9 km run	6 x 400 5-K Pace	4.8 km run	Rest	Rest	5-K Race
2	40 min cross	6.4 km run	35 min tempo	4.8 km run	Rest	4.8 km run	11.2 km run
3	40 min cross	7.3 km run	7 x 400 5-K Pace	4.8 km run	Rest	4.8 km Pace	**10 K Race**
4	50 min cross	8.1 km run	8 x 400 5-K Pace	4.8 km run	Rest	6.4 km Pace	16 km run
5	Rest	8.1 km run	9 x 400 5-K Pace	4.8 km run	Rest or easy run	8.1 km Pace	**15-K Race**
6	50 min cross	8.1 km run	10 x 400 5-K Pace	4.8 km run	Rest	4.8 km Pace	19.2 km run
7	Rest	6.4 km run	30 min tempo	3.2 km run	Rest or easy run	Rest	**Half Marathon**

Key to note

- **Cross training involves:** - Walking, aerobics, gym work, swimming
- **Pace run:** Intended race pace
- **400-meter repeats:** - warm up with 1-mile run, run 800 meters at you intended race time in minutes (e.g. if you plan to run the race in 4 hours then you do the split at 4min pace). Jog at least 400-800 meters in between the repeats
- **Hill repeats:** - warm up with 1-mile run, get a hill of about 400 meters with a gentle climb sprint up the hill and jog back to the bottom
- **Tempo run:** - start easy, then increase the pace, peak and then slow down.

- **The day's runs are not cast in stone and can be moved around to suit your schedule but ensure that the weekly mileage is covered, the long runs are to be done easy (pace where you can hold a conversation while running)**