



Chattanooga Track Club
HALF MARATHON TRAINING SCHEDULE
EXPERIENCED PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1	3 mi easy	3 mi tempo	XT	2 x 800	3 mi easy	7 mi long	Rest	17
2	4 mi easy	4 mi tempo	XT	4 x 800	3 mi easy	7 mi long	Rest	20
3	4 mi easy	4 mi tempo	XT	3 x 1200	4 mi easy	7 mi long	Rest	21.25
4	5 mi easy	6 x hill repeat	XT	6 x 800	3 mi easy	6 mi long	Rest	20
5	5 mi easy	5 mi tempo	XT	4 x 1200	4 mi easy	8 mi long	Rest	25
6	5 mi easy	5 mi tempo	XT	6 x 800	4 mi easy	10 mi long	Rest	27
7	5 mi easy	10 x hills	XT	400/800/1200/1200/800/400	4 mi easy	10 mi long	Rest	26
8	5 mi easy	4 mi tempo	XT	4 x 800	3 mi easy	8 mi long	Rest	22
9	5 mi easy	6 mi tempo	XT	4 x 1200	4 mi easy	12 mi long	Rest	29.25
10	5 mi easy	6 mi tempo	XT	7 x 800	4 mi easy	8 mi long	Rest	26.5
11	5 mi easy	6 mi tempo	XT	3 x 1600	3 mi easy	12 mi long	Rest	29
12	5 mi easy	10 x hills	XT	400/800/1200/1200/800/400	3 mi easy	8 mi long	Rest	23
13	5 mi easy	6 mi tempo	XT	6 x 800	3 mi easy	12 mi long	Rest	29
14	5 mi easy	6 mi tempo	XT	3 x 1600	3 mi easy	10 mi long	Rest	27
15	5 mi easy	5 mi tempo	XT	3 x 800	3 mi easy	8 mi long	Rest	22.5
Race week	5 mi easy	3 mi tempo	XT	3 mile easy	Rest	Half Marathon	Rest	24.1

Week 1 of 16 is usually the next to last week of July.

Prior to the start you should build up your running to the point where you feel comfortable running a 8 mile long run.

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. Listen to your body!

Key to schedule:

- Easy: run at an easy pace
- Tempo: 1 mile warm up, run at 1/2 marathon race tempo pace, one mile cool down
- Thursday: Track work run at 5k pace, warm up and cool down 1 mile each, take walking/ jogging break between sets 1/2 lap.
Example: on a 4 x 800 day, you should warm up a mile, then run a 800 meter lap at 5k pace, then jog 200 meters, then repeat process three additional times, Finish with a one-mile cool down.
- Long: run at a pace at least one-two minutes a mile slower than your intended race pace
- XT: cross train: swim, bike, spin, strength, core, yoga