



**CHICKAMAUGA
BATTLEFIELD RACES**

26.2 • 13.1 • 5K • JR

HALF MARATHON TRAINING SCHEDULE

INTERMEDIATE PLAN

Week	Monday	Tuesday	Wednesday	Thursday Track	Friday	Saturday	Sunday	Total Mileage
	4 mi easy	3 mi tempo	XT	2 x 800	3 mi easy	7 mi long	Rest	18
	4 mi easy	4 mi tempo	XT	4 x 800	3 mi easy	6 mi long	Rest	19
	4 mi easy	4 mi tempo	XT	2 x 1200	3 mi easy	8 mi long	Rest	20.5
	4 mi easy	6 x hill repeat	XT	4 x 800	3 mi easy	6 mi long	Rest	18
12	5 mi easy	4 mi tempo	XT	4 x 1200	2 mi easy	8 mi long	Rest	22
11	5 mi easy	4 mi tempo	XT	6 x 800	2 mi easy	10 mi long	Rest	24
10	5 mi easy	10 x hills	XT	400/800/1200/ 1200/800/400	2 mi easy	10 mi long	Rest	24
9	5 mi easy	4 mi tempo	XT	4 x 800	2 mi easy	8 mi long	Rest	21
8	5 mi easy	4 mi tempo	XT	4 x 1200	2 mi easy	11 mi long	Rest	25
7	4 mi easy	4 mi tempo	XT	6 x 800	2 mi easy	12 mi long	Rest	25
6	4 mi easy	4 mi tempo	XT	3 x 1600	3 mi easy	10 mi long	Rest	24
5	4 mi easy	10 x hills	XT	400/800/1200 1200/800/400	3 mi easy	8 mi long	Rest	21
4	5 mi easy	4 mi tempo	XT	6 x 800	3 mi easy	12 mi long	Rest	27
3	4 mi easy	4 mi tempo	XT	3 x 1600	3 mi easy	10 mi long	Rest	24
2	4 mi easy	4 mi tempo	XT	2 x 800	3 mi easy	8 mi long	Rest	20
Race Week	3 mi easy	3 mi tempo	XT	2 mile easy	Rest	Half Marathon	Rest	21.1

The first 4 weeks are intended as a more structured base building leading to the 12 week Half Marathon training plan. Prior to the week 12, you should build up your running to the point where you feel comfortable running an 8 mile long run.

During the training program be sure to take off at least one day a week from exercising. 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
- **XT:** cross train: swim, bike, spin, strength, core, yoga
- **Thursday: Track** 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

For more information on training programs, please visit www.BattlefieldMarathon.com.

