

16 Week HALF-MARATHON TRAINING PLAN

WEEK	MONDAY Rest or Run	TUESDAY Run or Hills	WEDNESDAY XT or Rest	THURSDAY Run	FRIDAY XT or Run	SATURDAY Rest	SUNDAY LSD
1	Rest	45 min	XT or Rest	45 min	XT or 40 min	Rest	8K
2	30 min	45 min	XT or Rest	45 min	XT or 30 min	Rest	8K
3	Rest	Hills – 4 x 200m	XT or Rest	55 min	XT or 55 min	Rest	10K
4	45 min	55 min	XT or Rest	55 min	XT or 55 min	Rest	10K
5	Rest	55 min	XT or Rest	55 min	XT or 40 min	Rest	12K
6	45 min	Hills – 4 x 300m	XT or Rest	65 min	XT or 65 min	Rest	12K
7	Rest	65 min	XT or Rest	65 min	XT or 65 min	Rest	14K
8	45 min	65 min	XT or Rest	65 min	XT or 40 min	Rest	14K
9	Rest	Hills – 4 x 400m	XT or Rest	75 min	XT or 65 min	Rest	16K
10	30 min	75 min	XT or Rest	75 min	XT or 65 min	Rest	16K
11	Rest	75 min	XT or Rest	75 min	XT or 40 min	Rest	18K
12	30 min	Hills – 3 x 600m	XT or Rest	65 min	XT or 40 min	Rest	18K
13	Rest	55 min	XT or Rest	30 min	XT or 40 min	Rest	21.1K
14	30 min	65 min	XT or Rest	65 min	XT or 40 min	Rest	18K
15	Rest	55 min	XT or Rest	65 min	XT or 40 min	Rest	15K
16	30 min	45 min	XT or Rest	30 min	Rest	Rest	RACE DAY!

LSD = Long Slow Distance; K = Kilometres; m = Metres; min = Minutes; XT = Cross Train