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|  | **Med City Half Marathon Training Schedule** | |  |  |  |  |  |
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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| week 1 | b&b/sh + 3 mile | Leg day | chest/triceps + 5X400 5-K pace | abs + 3 mile run | REST | 5 mile | REST |
| week 2 | b&b/sh + 3 mile | Leg day | chest/triceps + 30 min tempo | REST | abs +3 mile pace | 6 mile | REST |
| week 3 | b&b/sh + 3.5 mile | Leg day | chest/triceps + 6X400 5-K pace | abs | REST | 5-K race | REST |
| week 4 | b&b/sh + 3.5 mile | chest/triceps + 35 min tempo | Leg day | REST | abs +3 mile run | 7 mile | REST |
| week 5 | b&b/sh + 4 mile | chest/triceps + 7X400 5-K pace | Leg day | REST | abs +3 mile pace | 8 mile | REST |
| week 6 | b&b/sh + 4 mile | chest/triceps + 40 min tempo | Leg day | abs | REST | 10-K race | REST |
| week 7 | b&b/sh + 4.5 mile | chest/triceps + 8 X400 5-K pace | Leg day | REST | abs +4 mile pace | 9 mile | REST |
| week 8 | b&b/sh + 4.5 mile | chest/triceps + 40 min tempo | Leg day | REST | abs +5 mile pace | 10 mile | REST |
| week 9 | b&b/sh + 5 mile | chest/triceps + 9X400 5-K pace | Leg day | abs | REST | 15-K race | REST |
| week 10 | b&b/sh + 5 mile | chest/triceps + 45 min tempo | Leg day | REST | abs +5 mile pace | 11 mile | REST |
| week 11 | b&b/sh + 5 mile | chest/triceps + 10X400 5- K pace | Leg day | REST | abs +3 mile pace | 12 mile | REST |
| week 12 | leg day | upper body + Xtrain cardio | 4 mile run | 30 min tempo | REST | REST | 1/2 marathon |

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| -b&b/sh = back and biceps and shoulders |
| -tempo is when you start out with an easy run then work up to about a 10K race pace for a couple minutes then gradually slow down your pace |
| -pace is when you run at your goal race pace |
| -400 = a quarter mile |