Half-Marathon Training Schedule

REI co-op

12-Week Program for a Half-Marathon Trail Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 min. Hills	4 miles Easy	20 min. Tempo	Active Rest	3 miles Easy	5 miles Long	Rest
WEEK 2	15 min. Speed	4 miles Easy	30 min Tempo	Active Rest	3 miles Easy	6 miles Long	Rest
WEEK 3	35 min. Hills	4 miles Easy	35 min Tempo	Active Rest	3 miles Easy	7 miles Long	Rest
WEEK 4	40 min. Hills	5 miles Easy	40 min Tempo	Active Rest	4 miles Easy	5 miles Long	Rest
WEEK 5	20 min. Speed	4 miles Easy	50 min. Tempo	Active Rest	3 miles Easy	8 miles Long	Rest
WEEK 6	45 min. Hills	5 miles Easy	60 min. Tempo	Active Rest	4 miles Easy	9 miles Long	Rest
WEEK 7	20 min. Speed	5 miles Easy	50 min. Tempo	Active Rest	4 miles Easy	10 miles Long	Rest
WEEK 8	35 min. Hills	4 miles Easy	60 min. Tempo	Active Rest	3 miles Easy	8 miles Long	Rest
WEEK 9	40 min. Hills	6 miles Easy	40 min. Tempo	Active Rest	4 miles Easy	12 miles Long	Rest
WEEK 10	25 min. Speed	5 miles Easy	30 min. Tempo	Active Rest	3 miles Easy	9 miles Long	Rest
WEEK 11	30 min. Hills	4 miles Easy	20 min. Tempo	Active Rest	3 miles Easy	6 miles Long	Rest
WEEK 12	4 miles Easy	4 miles Easy	3 miles Easy	Active Rest	2 miles Easy	**RACE DAY (13.1 miles)**	Sleep