

HALF MASTER

EXPERIENCED *The Guidelines* For an experienced runner who has run a few marathons and half marathons and wants to improve time. Wednesdays are for speedwork, alternating repeats on the track with tempo runs. Do speed workouts at around 5-K race pace. Do tempo runs slightly slower than 10-K race pace, with a 2- to 4-minute recovery jog between each one. Run your 'race pace' workouts at the pace you plan to run the half marathon. Do Sunday long runs at a super-easy pace. Run the 5-K 'easy' workouts at whatever pace feels comfortable.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Rest	5-K	7x400	5-K	Rest	5-K	12-K
2	Rest	5-K	2x10min	5-K	5-K	Rest	5-K
3	Rest	5-K	8x400m	5-K	Rest	7-K	15-K
4	Rest	5-K	2x10-min	5-K	Rest	8-K	16-K
5	Rest	5-K	9x400m	5-K	5-K	Rest	10-K
6	Rest	5-K	20min	5-K	Rest	8-K	18-K
7	Rest	5-K	10x400m	5-K	Rest	5-K	20-K
8	Rest	5-K	2x5min	5-K	Rest	Rest	HALF