

A Seasoned Strider?

If you are already running 15 miles or more per week, **START HERE.**

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
★ WEEK 1 ★						
Rest	Run 4 miles	X-train ¹	Run 4 miles	X-train	Run 3 miles	Run 6 miles
★ WEEK 2 ★						
Rest	Run 4 miles: hills ²	X-train	Run 4 miles	X-train or run 3 miles	Run 4 miles	Run 7 miles
★ WEEK 3 ★						
Rest	Run 4 miles: speed ³	X-train	Run 5 miles	X-train or run 3 miles	Run 4 miles	Run 8 miles
★ WEEK 4 ★						
Rest	Run 4 miles: hills	X-train	Run 4 miles: tempo ⁴	X-train	Run 4 miles	Run 6 miles
★ WEEK 5 ★						
Rest	Run 4 miles: speed	X-train	Run 4.5 miles: tempo	X-train or run 4 miles	Run 4 miles	Run 10 miles
★ WEEK 6 ★						
Rest	Run 5 miles: hills	X-train	Run 5 miles: tempo	X-train	Run 3 miles	Run 11 miles
★ WEEK 7 ★						
Rest	Run 5 miles: speed	X-train	Run 5.5 miles: tempo	X-train	Run 3 miles	Run 12 miles
★ WEEK 8 ★						
Rest	Run 5 miles: hills	X-train	Run 4.5 miles: tempo	X-train or run 3 miles	Rest	Half-marathon!

1. Optional cross-training: See note on page 56.

2. Hill Repetitions Include four to eight uphill sprints: Run uphill (or at an incline) for two minutes at 5K race pace (an intensity of about 85 percent

of maximum effort). Jog easy downhill; repeat.

3. Speed Intervals Include four to eight bursts: Go at 5K race pace or slightly faster (85 to 95 percent of maximum effort) for 90 seconds, then jog easy

for at least two minutes to recover; repeat.

4. Tempo Run Complete the first and last mile of your run at an easy pace. Run the middle portion at 80 percent of maximum effort.