**Half Marathon ~ 12 week program**

**Goal time: 2 hrs +**

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| **WEEK** | **MON** | **TUESDAY** | **WED** | **THURS** | **FRIDAY** | **SAT** | **SUNDAY** |
| **1****---** | Rest | 30 mins easy run on flat terrain | Rest | 40 mins run include 15 mins of 30 sec steady run / 60 sec jog | Rest or Cross training | Rest | 45 mins run include 5 x (1 mins fast run / 1 mins easy jog) |
| **2****---** | Rest | 30 mins steady run on an undulating course | Rest | 40 mins run include 16 mins of 60 sec fast run / 60 sec jog | Rest or Cross training | Rest | 45 mins easy run on an undulating course |
| **3****---** | Rest | 30 mins run include 4 x (30 sec fast run/ 90 sec easy run) | Rest | 40 mins run include 4 x (4 mins steady run / 2 mins easy walk or run as recovery) | Rest or Cross training | Rest | 50 mins easy run on flat terrain |
| **4****---** | Rest | 30 mins run include 4 x (45 sec fast run / 90 sec easy run) | Rest | 40 mins run include 3 x (5 mins steady run / 3 mins easy walk or run as recovery) | Rest or Cross training | Rest | 60 mins easy run on flat terrain |
| **5****---** | Rest | 30 mins run include 4 x (60 sec fast run / 90 sec easy run) | Rest | 50 mins run include 4 x (5 mins steady run / 2 mins easy walk or run as recovery) | Rest or Cross training | Rest | 70 mins easy run on flat terrain |
| **6****---** | Rest | 40 mins run include 4 x (30 sec fast run up a hill / jog down the hill) | Rest | 40 mins run include 2 x (8 mins steady run / 2 mins easy walk or run as recovery) | Rest or Cross training | Rest | 60 mins easy run on an undulating course  |
| **7****---** | Rest | 40 mins run include 4 x (60 sec fast run up a hill / jog down the hill) | Rest | 50 mins run include 2 x (10 mins steady run / 5 mins easy walk or run as recovery) | Rest or Cross training | Rest | 80 mins easy run on flat terrain |
| **8****---** | Rest | 40 mins run include 5 x (90 sec fast run / 90 sec easy run) | Rest | 50 mins run include 15 mins solid run / 5 mins easy walk or run as recovery | Rest or Cross training | Rest | 90 mins easy run on an undulating course  |
| **9****---** | Rest | 40 mins run include 5 x (3 mins solid run / 2 mins rest) | Rest | 50 mins run include1. 8 mins steady run / 2 mins easy walk or run as recovery2. 4 x (90 sec steady run up a hill / jog down the hill) | Rest or Cross training | Rest | 105 mins easy run on an undulating course  |
| **10****---** | Rest | 40 mins run include 4 x (4 mins solid run / 2 mins rest)cycling | Rest | 50 mins run include1. 10 mins steady run / 2 mins easy walk or run as recovery2. 4 x (90 sec steady run up a hill / jog down the hill) | Rest or Cross training | Rest | 105 mins-2 hrs easy run on flat terrain |
| **11****---** | Rest | 40 mins run include 4 x (90 sec solid run / 90 sec easy) | Rest | 50 mins run include 1. 12 mins steady run / 2 mins easy walk or run as recovery2. 4 x (90 sec steady run up a hill / jog down the hill) | Rest or Cross training | Rest | 75 mins easy run  |
| **12****---** | Rest | 40 mins run include 6 x (30 sec fast run / 90 sec easy run) | Rest | 30 mins easy run | Rest  | Rest | **Half Marathon!!by** People’s o---ice Credit Union |