

CTC HALF MARATHON TRAINING SCHEDULE

EXPERIENCED PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
12/5	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
12/12	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
12/19	5 mi easy	Rest / XT	6 mi tempo	4 x 400	Rest / XT	10 mi long	Rest	24 mi
12/26	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest	23 mi
1/2	5 mi easy	Rest / XT	8 mi tempo	3 x 1600	Rest / XT	10 mi long	Rest	24 mi
1/9	5 mi easy	Rest / XT	6 mi tempo	6 x 400	Rest / XT	8 mi long	Rest	23.5 mi
1/16	5 mi easy	Rest / XT	8 mi tempo	3 x 1600	Rest / XT	10 mi long	Rest	28 mi
1/23	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest	23 mi
1/30	5 mi easy	Rest / XT	8 mi tempo	6 x 400	Rest / XT	10 mi long	Rest	27.5 mi
2/6	5 mi easy	Rest / XT	6 mi tempo	3 x 1600	Rest / XT	12 mi long	Rest	28.75 mi
2/13	5 mi easy	Rest / XT	5 mi tempo	3 x 800	Rest / XT	8 mi long	Rest	21.5 mi
2/20	5 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	Half Marathon	Rest	21.1 mi

Prior to the week of Dec. 7th you should build up your running to the point where you feel comfortable running an 7 - 8 mile long run. You should also be comfortable running a total of four days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two days a week, if you like.

Key to schedule:

- Easy: run at an easy pace
- Tempo: run at race tempo pace
- Thursday: speed work run at 5k pace, warm up and cool down 1 mile each, take jogging break between sets (break should be half the distance of each set). Example: on a 4 x 400 day, you should warm up a mile, then run a 400 meter lap at 5k pace, then jog 200 meters, then repeat process three additional times, Finish with a one-mile cool down.
- Long: run at a pace at least one-two minutes a mile slower than your intended race pace
- Rest / XT: rest or cross train

For more information on groups runs and the half marathon training program please visit ScenicCityHalfMarathon.com