

# Half-Marathon Training Plan

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18				off	3	off	3
17	4	off	2	off	3	3	3
16	4	off	4	off	4	4	4
15	5	off	5	off	3	3	5
14	5	off	5	off	4	5	4
13	6	4	speed	off	tempo-5	4	6
12	8	4	speed	off	tempo-5	4	6
11	10	6	speed	off	tempo-5	5	6
10	10	5	speed	off	tempo-6	6	5
9	10	7	speed	off	tempo-6	5	6
8	10	5	strength	off	tempo-6	6	6
7	12	5	strength	off	tempo-7	5	6
6	10	7	strength	off	tempo-7	6	6
5	12	5	strength	off	tempo-7	5	6
4	10	7	strength	off	tempo-7	6	6
3	12	5	strength	off	tempo-7	5	6
2	10	7	strength	off	tempo-6	6	6
1	8	5	5	off	6	5	3
0	Race Day – Good Luck						

# Hansons Half Marathon Training Plan

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