

Mel Half Marathon Training – Green Bay, May 19, 2013

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1 Jan 28	Stretch & strengthen	3 m run	5 x 400 5-K pace	3 m run + strength	Rest	3 m run	5 m run
2 Feb 4	Stretch & strengthen	3 m run	30 min tempo	3 m run + strength	Rest	3 m pace	6 m run
3 Feb 11	Stretch & strengthen	3.5 m run	35 min tempo	3 m run + strength	Rest	3 m run	7 m run
4 Feb 18	Stretch & strengthen	4 m run	7 x 400 5-K pace	3 m run + strength	Rest	3 m pace	8 m run
5 Feb 25	3 m run + strength	6 x hill	3 m run + strength	40 min tempo	Rest	3 m run	90 min run (3/1)
6 Mar 4	3 m run + strength	7 x 400 5-K pace	3 m run + strength	45 min tempo	Rest	3 m pace	90 min run
7 Mar 11	3 m run + strength	7 x hill	3 m run + strength	30 min tempo	Rest or easy run	Rest	5-K Race
8 Mar 18	3 m run + strength	8 x 400 5-K pace	3 m run + strength	40 min tempo	Rest	3 m run	90 min run (3/1)
9 Mar 25	3 m run + strength	8 x hill	3 m run + strength	45 min tempo	Rest	3 m pace	90 min run
10 Apr 1	3 m run + strength	8 x 400 5-K pace	3 m run + strength	30 min tempo	Rest or easy run	Rest	10-K Race
11 Apr 8	3 m run + strength	4 x 800 10-K pace	3 m run + strength	45 min tempo	Rest	4 m pace	1:45 run (3/1)
12 Apr 15	3 m run + strength	3 x 1600 race pace	3 m run + strength	50 min tempo	Rest	5 m pace	1:45 run
13 Apr 22	3 m run + strength	5 x 800 10-K pace	3 m run + strength	30 min tempo	Rest or easy run	Rest	15-K Race
14 Apr 29	3 m run + strength	4 x 1600 race pace	3 m run + strength	55 min tempo	Rest	5 m pace	2:00 run (3/1)
15 May 6	3 m run + strength	6 x 800 10-K pace	3 m run + strength	60 min tempo	Rest	3 m pace	2:00 run
16 May 13	3 m run + strength	6 x 400 5-K pace	2 m run + strength	30 min tempo	Rest	Rest	Half Marathon