Advanced Training Program: 4 Runs per Week—Pace, Hills, Tempo, Long Run

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Rest	3 mile pace +30	Cross Train	200 meter Hills (6x)	3 mile tempo	Rest/ cross train	4 mile long run
Week 2	Rest	3 mile pace	Cross Train	200 meter Hills (7x)	4 mile tempo	Rest/ cross train	5 mile long run
Week 3	Rest	3 mile pace +30	Cross Train	200 meter Hills (7x)	4.5 mile tempo	Rest/ cross train	5 mile long run
Week 4	Rest	3.5 mile pace	Cross Train	200 meter Hills (8x)	4.5 mile tempo	Rest/ cross train	5 mile long run
Week 5	Rest	4 mile pace +30	Cross Train	200 meter Hills (8x)	5 mile tempo	Rest/ cross train	6 mile long run
Week 6	Rest	4 mile pace	Cross Train	400 meter Hills (4x)	4.5 mile tempo	Rest/ cross train	6 mile long run
Week 7	Rest	4.5 mile pace +30	Cross Train	400 meter Hills (6x)	4.5 mile tempo	Rest/ cross train	7 mile long run
Week 8	Rest	5 mile pace	Cross Train	400 meter Hills (7x)	4.5 mile tempo	Rest/ cross train	7 mile long run
Week 9	Rest	5.5 mile pace +30	Cross Train	400 meter Hills (8x)	5 mile tempo	Rest/ cross train	8 mile long run
Week 10	Rest	5.5 mile pace	Cross Train	400 meter Hills (8x)	5.5 mile tempo	Rest/ cross train	9 mile long run
Week 11	Rest	5.5 mile pace +30	Cross Train	400 meter Hills (10x)	6 mile tempo	Rest/ cross train	10 mile long run
Week 12	Rest	4 mile pace	Cross Train	200 meter Hills (6x)	3 mile tempo	Rest/ cross train	6 mile long run
Week 13	Rest	3 mile pace	Cross Train	2 mile pace	3 mile tempo	Rest/ cross train	**RACE DAY!**

Pace: The pace you want to run the entire race at. If it has a +30, it means run at your pace and add on 30 seconds for each mpm*. (**Example:** If you know you want to complete the half marathon in 2:00 hours your pace will be a 9:09 average mpm. Do the entire mileage at that pace or add on the 30 secs for a 9:39 pace.)

Hills: Start with a 1-mile warm up. Use a hill with a comfortable incline. Determine your distance (use visual makers if needed) run repeats at pace either 200 or 400 meter stretches, jog back to start, then repeat. Cool down with a 1-mile run. (**Example:** If it says 200 meter hills 6x, set your markers on the hill 200 meters apart, run up at race pace and jog back six times. Hills are meant to be difficult and push you. This is why you try to run them at race pace.) 200 meters =1/8 mile, 400 meters= ¼ mile

Tempo: Start out slow, build up in middle, cool down, all at your own comfort level. (**Example:** Warm up for half mile at 10 mpm, run 2 miles at 9.5 mpm, cool down back at 10 mpm.)

Long Run: Just run the distance. Don't worry about pace or time.

Rest Days: Focus on stretching and recovery. This can include light yoga and/or meditation.

Ideas for Cross Training: Bike, Elliptical, Stairs, Weight training, Swim, Walk for at least 30 minutes.

All runs can be done easily on a treadmill as well as outside.
Find what works for you and mix it up!

*mpm=minute per mile

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