

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	OFF	Intervals: 15-min warm-up,8x3-min intervals with 90-sec easy jogs in between, 15-min warm-down	30-35-min easy run	Progression run: 15-20-min warm-up,20-min progression runs,15-min warm-down	OFF	30-35-min run, finish with 6x20-sec strides(mile pace) with 1-min rests in between	Long run (75 min total): 50-min run, 8 x 1-min at 5k pace with 1-min jogs in between, 10-min cooldown
2	OFF	Intervals: 15-min warm-up,6x4-min intervals with 2-min easy jogs in between, 15-min warm-down	40-45-min easy run	Hills: 30-35-min run, finish with 6x30-sec uphill sprints(mile pace effort), easy jog down for recovery	OFF	Half-marathon simulation: 6 miles easy,4 miles at goal race pace,2 miles easy	40-45-min easy run
3	OFF	Intervals: 15-min warm-up,5x5-min intervals with 2.30 easy jogs in between, 15-min warm-down	30-35-min easy run	Progression run: 15-20-min warm-up,25-min progression runs,15-min warm-down	OFF	30-35-min run, finish with 6x20-sec strides(mile pace) with 1-min rests in between	Long run (80 min total): 55-min run, 8 x 1-min at 5k pace with 1-min easy jogs in between, 10-min cooldown
4	OFF	Intervals: 15-min warm-up,4x6-min intervals with 3-min easy jogs in between, 15-min warm-down	40-45-min easy run	Hills: 30-35-min run, finish with 6x45-sec uphill sprints(mile pace effort), easy jog down for recovery	OFF	Half-marathon simulation: 6 miles easy,5 miles at goal race pace,2 miles easy	40-45-min easy run
5	OFF	Intervals: 15-min warm-up,3x8-min intervals with 4-min easy jogs in between, 15-min warm-down	30-35-min easy run	Progression run: 15-20-min warm-up,25-min progression runs,15-min warm-down	OFF	30-35-min run, finish with 6x20-sec strides(mile pace) with 1-min rests in between	Long run (85-90 min total): 55-60-min run, 10x1-min at 5k pace with 1-min easy jogs in between, 10-min cooldown
6	OFF	Intervals: 15-min warm-up,2x10-min intervals and 1x5-min with 4-min easy jogs in between, 15-min warm-down	40-45-min easy run	Hills: 30-min run, finish with 6x60-sec uphill sprints(mile pace effort), easy jog down for recovery	OFF	Half-marathon simulation: 6 miles easy,6 miles at goal race pace,2 miles easy	40-45-min easy run
7	OFF	Intervals: 15-min warm-up,3x8-min intervals with 3-min easy jogs in between, 15-min warm-down	30-35-min easy run	Progression run: 15-20-min warm-up,30-min progression runs,15-min warm-down	OFF	30-35-min run, finish with 6x20-sec strides(mile pace) with 1-min rests in between	Long run (90-95 min total): 60-65-min run, 10x1-min at 5k pace with 1-min easy jogs in between, 10-min cooldown
8	OFF	Intervals: 15-min warm-up,4x6-min intervals with 2-min easy jogs in between, 15-min warm-down	40-45-min easy run	Hills: 30-35-min run, finish with 6x45-sec uphill sprints(mile pace effort), easy jog down for recovery	OFF	Half-marathon simulation: 6 miles easy,7 miles at goal race pace,1-2 miles easy	40-45-min easy run
9	OFF	Intervals: 15-min warm-up,5x5-min intervals with 1.45 easy jogs in between, 15-min warm-down	30-35-min easy run	Progression run: 15-20-min warm-up,30-min progression runs,15-min warm-down	OFF	30-35-min run, finish with 6x20-sec strides(mile pace) with 1-min rests in between	Long run (95-100 min total): 65-70-min run, 10x1-min at 5k pace with 1-min easy jogs in between, 10-min cooldown
10	OFF	Intervals: 15-min warm-up,6x4-min intervals with 90-sec easy jogs in between, 15-min warm-down	40-45-min easy run	Hills: 30-35-min run, finish with 6x30-sec uphill sprints(mile pace effort), easy jog down for recovery	OFF	Half-marathon simulation: 6 miles easy,6 miles at goal race pace,1-2 miles easy	35-40-min easy run
11	OFF	Intervals: 15-min warm-up,7x3-min intervals with 90-sec easy jogs in between, 15-min warm-down	30-35-min easy run	Progression run: 15-20-min warm-up,20-min progression runs,15-min warm-down	OFF	30-35-min run, finish with 6x20-sec strides(mile pace) with 1-min rests in between	60-70-min easy long run
12	OFF	Intervals: 15-min warm-up,8x2-min intervals with 2-min easy jogs in between, 15-min warm-down	30-min easy run	25-min run, finish with 6x20-sec strides(mile pace),with 1-min rests in between	OFF	20-25-min easy run	Race day