



12 week Half Marathon Training Calendar

Program Start – _____

Peak Event Date – _____

GOAL – _____

TRAINING CALENDAR LEGEND

-  - Colour signifies easy day/effort
-  - Colour signifies hard day/effort
- R - Rest day
- XT - Cross train – bike, swim, squash, etc.

*All training distances shown in **miles**

HALF MARATHON TRAINING

Week #1

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 VO2 max Intervals 4 x 400 m 90 sec. jog/walk between each repeat	R	3	3	R	6
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

HALF MARATHON TRAINING

Week #2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 VO2 max Intervals 3 x 800 m 2 min. jog/walk between each repeat	R	3	3	R	8
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

HALF MARATHON TRAINING

Week #3

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 Hill Repeats jog/walk down between each repeat	R	3	3	R	9
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

HALF MARATHON TRAINING

Week #4

Mon	Tue	Wed	Thu	Fri	Sat	Sun
4	5 Fartlek training VO2 max Intervals – bursts of speed in any way you like! PLAY HARD	R	3	4	R	7
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

HALF MARATHON TRAINING

Week #5

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5	5 VO2 max Intervals 5 x 800 m 2 min. jog/walk between each repeat	R	3	4	R	10
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

HALF MARATHON TRAINING

Week #6

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	5 Hill Repeats jog/walk down between each repeat	R	3	4	R	11
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

HALF MARATHON TRAINING

Week #7

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>7 Z0 AM</p>	<p>5</p> <p>VO2 max Intervals 7 x 400 m 90 sec. jog/walk between each repeat</p>	<p>R</p>	<p>3 Z1</p>	<p>5 Z1</p>	<p>R</p>	<p>12</p>
<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

HALF MARATHON TRAINING

Week #8

Mon	Tue	Wed	Thu	Fri	Sat	Sun
8	5 VO2 max Intervals 6 x 800 m 2 min. jog/walk between each repeat	R	3	5	R	9
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

HALF MARATHON TRAINING

Week #9

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	5 Hill Repeats jog/walk down between each repeat	R	3	6	R	14
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

HALF MARATHON TRAINING

Week #10

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>R or XT</p> <p>BEGIN TAPER!!</p> <p>START MEMORIZING RACE DAY PLAN</p>	<p>5</p> <p>VO2 max Intervals -6 x 600 m 90 sec. jog/walk between each repeat</p>	<p>3 Z0</p>	<p>R or XT</p>	<p>4</p>	<p>3</p>	<p>10</p>
<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>


HALF MARATHON TRAINING

Week # 11

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R or XT	6	5 Warm up 1 3 x 1 mile Jog 2 min. between each repeat	R or XT	5	R or XT	8
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

HALF MARATHON TRAINING

Week # 12

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>③</p>	<p>⑤ 2 MP</p> <p>NEED TRACK!! 2 warm up 2 @ MP 1 cool down</p> <p><i>-Increase H2O consumption</i> <i>-Increase fruit intake</i></p> <p>MUCHO RESTINO</p>	<p>④</p>	<p>③</p>	<p>OFF</p>	<p>OFF</p>	<p>Follow race day plan!</p> <div style="text-align: center; font-size: 2em; font-weight: bold; color: purple;">  </div>
<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>			<p>RESULTS:</p> <p>Time:</p> <p>_____</p> <p>Comments:</p>