

## MODERATE 10-WEEK HALF MARATHON TRAINING PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	3 miles - Flex	3 miles - Reg Run	4 miles - Fartlek	4 miles - Reg Run	Off	4 miles - AYF	6 miles - Long Run
<b>2</b>	3 miles - Flex	4 miles - Tempo Run	4 miles - Reg Run	4 miles - AYF	Off	4 miles - Reg Run	7 miles - Long Run
<b>3</b>	3 miles - Flex	5 miles - Fartlek	Off	3 miles - Reg Run	4 miles - Reg Run	Off	8 miles - Long Run
<b>4</b>	3 miles - Flex	6 miles - Intervals	4 miles - Reg Run	4 miles - Easy Run	Off	5 miles - Reg Run	9 miles - Long Run
<b>5</b>	4 miles - Flex	7 miles - Intervals	5 miles - Reg Run	5 miles - Reg Run	Off	5 miles - Easy Run	8 miles - Long Run
<b>6</b>	3 miles - Flex	6 miles - Tempo Run	Off	3 miles - Reg Run	5 miles - Easy Run	Off	10 miles - Long Run
<b>7</b>	5 miles - Flex	7 miles - Reg Run	5 miles - AYF	6 miles - Reg Run	Off	6 miles - Reg Run	11 miles - Long Run
<b>8</b>	4 miles - Flex	6 miles - Fartlek	Off	6 miles - Reg Run	6 miles - AYF	Off	9 miles - Long Run
<b>9</b>	5 miles - Flex	6 miles - Tempo Run	5 miles - AYF	5 miles - Reg Run	Off	5 miles - Reg Run	7 miles - Long Run
<b>10</b>	Off	4 miles - Reg Run	5 miles - Tempo Run	4 miles - Reg Run	4 miles - Reg Run	3 miles - Flex	<b>13.1 - RACE</b>

### RUNNING TERMS

**FLEX DAY:** The best day of the week to substitute your run with a crosstraining session or a day off.

**REGULAR RUN (Reg Run):** A run performed at a comfortable, not-too-hard pace.

**EASY RUN:** A recovery run during which you focus on running slowly.

**AS YOU FEEL (AYF):** For these runs, leave your watch and your cares behind. Run for the fun of it, not because you're training. Run as fast—or as slow—as you like.

**FARTLEK:** Swedish for "speed play." Fartlek workouts involve running at different speeds for varying periods--good preparation for "shifting gears" in a race.

**INTERVALS:** Running short (usually between 200 and 1600 meters), fast repeats with recovery jogs in between. Interval training builds speed and endurance.

**TEMPO RUN:** A training run (usually 20 to 30 minutes) at a pace slightly slower than 10K race pace.

**LONG RUN:** The most important workout of the week for distance runners. Long runs build both strength and confidence.

**OFF:** Don't run, don't swim, don't get on your bike. Rest and recover!