

**HALF MARATHON**  
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Key

<b>Jog</b>
<b>Aerobic Run</b>
<b>Tempo</b>
<b>Interval/hills</b>
<b>Long Slow Run</b>

Easiest day, low effort, just keep your body moving and blood flowing This is the day you may skip if need be

Medium effort, faster than jog day not as fast as tempo day

Effort is high on this run. After warm up Cover entire duration at a higher RPE, you may also break it into increments. 2 min hard, 2 min easy, etc.

Effort is highest on this run. Working on leg turnover and strength. You have the workout attachment for specific workouts.

**This is meant to be SLOW. Do not run fast on this day. It is meant as a recovery day and to build your mileage.**

						LOG		
	DAY	DATE	RANK	WORKOUT	DURATION	RPE	MILES	TIME MIN
WEEK 1	Mon	9/15/14		REST DAY				
	Tues	9/16/14	4	JOG	:30	1-3		
	Wed	9/17/14		REST DAY				
	Thur	9/18/14	5	JOG	:35	1-3		
	Fri	9/19/14		REST DAY				
	Sat	9/20/14	2	TEMPO	:30	4-7		
	Sun	9/21/14	1	LONG SLOW RUN	:45	1-3		
WEEK 2	Mon	9/22/14		REST DAY				
	Tues	9/23/14	2	HILL RUN	:20	4-7		
	Wed	9/24/14	4	JOG	:40	1-3		
	Thur	9/25/14	5	AEROBIC RUN	:45	3-5		
	Fri	9/26/14		REST DAY				
	Sat	9/27/14	3	TEMPO	:45	4-7		
	Sun	9/28/14	1	LONG SLOW RUN	1:15	1-3		
WEEK 3	Mon	9/29/14		REST DAY				
	Tues	9/30/14	2	INTERVALS	:25	6-8		