



Hartford Marathon Foundation Half Marathon Training Plan

Weeks to Race			Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Totals
13-18			4	3	Off	4	Off	4	Off	15
12		Base Building	5	3	Off	3	Off	4	Off	15
11		Base Building	6	3	Off	3	Off	4	Off	16
10		Base Building	6.5	3	Off	3	Off	4	Off	16.5
9		Base Building	7	3	Off	4	Off	4	Off	18
8		Base Building	8	3	Off	4	2	4	Off	21
7		Base Building	9	4	Off	3	3	5	Off	24
6		Base Building	10	3	Off	4	3	5	Off	25
5		Mileage	9	3	Off	5	3	5	Off	25
4		Mileage	10	4	Off	6	3	6	Off	29
3		Mileage	12	5	Off	7	3	6	Off	33
1		Mileage	10	3	Off	7	3	6	Off	29
1		Mileage	8	3	Off	4	Off	4	Off	19
Race Week		Mileage	13.1	3	Off	2	Off	6	Off	

Suggested minimum base prior to using this plan

Base Building (Start of official program)

Sharpening Phase specific to Race Course

Taper

Race Day

Note: This is a basic progressive training schedule. Your actual mileage may vary! Due to the diversity of experience and fitness levels, it may not be appropriate for all runners.

It is based upon the assumption that you are currently running at least 15 miles per week, at least three times per week, and are able to run at least 5 miles.

If your mileage is less, reduce weekly miles. Novices, reduce the Sunday and Thursday mileage as needed. Cross-train or walk. First priority is to remain injury free! Most runners will want to run all of the mileage at an 80% of full effort level. Pace of runs is determined based upon your current level of fitness.