



Progressive Series Half Marathon Training Plan



Weeks to Race		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Total Mileage
13		4	3	Off	4	Off	4	Off	15
12	22-Jul	5	3	Off	3	Off	4 or Riverfront Scramble #2	Off	15
11	29-Jul	6	3	Off	3	Off	4	Off	16
10	4-Aug	6.5	3	Off	3	Off	4	Off	16.5
9	11-Aug	7	3	Off	4	Off	4	Off	18
8	18-Aug	8	3	Off	4	2	4 or Riverfront Scramble #3	Off	21
7	25-Aug	9	4 or Old Wethersfield	Off	3	3	5	Off	24
6	1-Sep	10	3	Off	4	3	5	Off	25
5	8-Sep	9	3	Off	5	3	5	Off	25
4	15-Sep	10	4	Off	6	3	6	Off	29
3	22-Sep	12	5	Off	7	3	6	Off	33
1	29-Sep	10	3	Off	7	3	6	Off	29
1	6-Oct	8	3	Off	4	Off	4	Off	19
Race Week	13-Oct	Eversource Hartford Half Marathon	3	Off	2	Off	6	Off	

	<i>Suggested minimum base prior to using this plan</i>
	<i>Base Building (Start of official program)</i>
	<i>Sharpening Phase specific to Race Course</i>
	<i>Taper</i>
	<i>Race Day</i>