

# Kurtis Sports Management

*Half Marathon* - Ace Training Program

By Doug Kurtis

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	TOTAL
1	8	4	5 pace	5	5 pace	Rest	4	31
2	9	4	5 pace	5	5	Rest	4	32
3	10	4	5 track	5	5 pace	Rest	4	33
4	9	3	5 pace	5	6	Rest	5	33
5	7+7	3	5 track	6	6 pace	Rest	5	39
6	13	3	6 track	6	6	Rest	5	39
7	7+7	3	6 pace	6	6	Rest	5	40
8 R	8 - 10km Race	3	4	5	5 pace	Rest	5	28
9	14	3	6 track	6	6	Rest	5	40
10	7+8	4	6 track	6	6 pace	Rest	6	43
11	14	4	6 track	6	6	Rest	6	42
12 R	10km - 15 km Race	4	5	6	7 pace	Rest	7	38
13	14	4	5 track	7	7	Rest	7	39
14	8+8	5	6 track	7	7 pace	Rest	7	48
15	15	5	7 pace	7	7	Rest	5	46
16 R	10km - 15 km Race	4	5	6	7 pace	Rest	7	38
17	8+8	5	7 track	7	7	Rest	7	49
18	15	4	6 track	5	7 pace	Rest	7	44
19	10	3	6 pace	4	4	Rest	5	32
20	7	2	Rest	2	2	Rest	Rest	13
21	13.1 Mile Race	Rest	2	3	3	Rest	3	24
22	Rest	4	3	4	5	Rest	4	20

**Total 791**

**Pace** 2 mile warm up, race pace or slower but hard continuous running  
1 mile warm down

**7+7** Two workouts of seven miles each (same day - minimum 3 hours apart)

**Track:** All options - 2 mile warm up; 1 mile warm down

- [ 1 ] 8 x 800 meter with 200 meter rest in between
- [ 2 ] Ladder - 400m / 800m / 1200m / 1600m with 400 meter rest
- [ 3 ] 4 x 1 mile w/ 400 meter rest
- [ 4 ] 12 x 400 meter with 200m rest

Find a consistent pace at race pace or faster for all of your speed work on the track