

Kurtis Sports Management

Half Marathon - Intermediate Training Program

By Doug Kurtis

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	TOTAL
1	6	4	4 pace	5	3	Rest	4	26
2	6	4	4 pace	5	3	Rest	4	26
3	7	3	5 track	5	3	Rest	3	26
4	7	3	5 pace	5	3	Rest	3	26
5	5 + 5	3	5 track	5	3	Rest	4	30
6	10	3	5 pace	6	3	Rest	3	30
7	5 + 6	3	5 pace	6	4	Rest	3	32
8	5-8km Race	3	5	5	4	Rest	3	25
9	10	3	5 track	6	4	Rest	4	32
10	6 + 6	4	5 track	6	4	Rest	3	34
11	12	4	6 pace	6	4	Rest	3	35
12	8-10km Race	4	6	6	4	Rest	3	29
13	12	4	6 track	6	5	Rest	4	37
14	6 + 7	5	6 track	7	5	Rest	4	40
15	13	5	6 pace	7	5	Rest	4	40
16	8-15km Race	5	5	5	5	Rest	3	32
17	7 + 7	5	5 track	5	5	Rest	3	37
18	12	4	5 pace	4	4	Rest	3	32
19	10	3	6	4	3	Rest	2	28
20	6	2	Rest	2	2	Rest	Rest	12
21	13.1 Mile Race	Rest	2 walk	2 walk	3	Rest	3	23
22	Rest	2	2 walk	2	3	Rest	3	12

Total 644

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] 4 x 800 meter with 200 meter rest in between
- [2] Ladder - 400m / 800m / 1200m with 400 meter rest
- [3] 3 x 1 mile w/ 400 meter rest
- [4] 10 x 400 meter with 200m rest

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