

## Half Marathon (13.1 miles) in 8 Weeks Finish a Half Marathon

<b>Week</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
8 weeks before race	10 min. easy pace; 3 x 2 min. fast running with 1 min. jogging in between; 10 min. easy pace Or 30 minutes easy	4-6 miles easy pace	30-40 min. (other aerobic activity like biking, tennis, swimming, aerobics, walking)	6 miles easy pace	
7 weeks before race	10 min. easy pace; 3 x 2 min. fast running with 1 min. jogging in between; 10 min. easy pace Or 30-35 minutes easy	6 miles easy pace	30-50 min (other aerobic activity like biking, tennis, swimming, aerobics, walking)	7 miles easy pace	
6 weeks before race	35-40 min. easy pace	4-6 miles easy pace	30-60 min (other aerobic activity like biking, tennis, swimming, aerobics, walking)	7-9 miles easy pace	
5 weeks before race	10 min. easy pace; 3 x 2 min. fast running with 1 min. jogging in between; 10 min. easy pace	6 miles easy pace	30-60 min (other aerobic activity like biking, tennis, swimming, aerobics, walking)	7 miles easy pace	30 min. easy pace Or Day off
4 weeks before race	10 min. easy pace; 6 x 2 min. fast running with 1 min. jogging in between; 10 min. easy pace	5 miles easy pace	30-60 min (other aerobic activity like biking, tennis, swimming, aerobics, walking)	9-11 miles easy pace	30 min. easy pace Or Day off
3 weeks before race	10 min. easy pace; 6 x 2 min. fast running with 1 min. jogging in between; 10 min. easy pace	5 miles easy pace	30-60 min (other aerobic activity like biking, tennis, swimming, aerobics, walking)	10-12 miles easy pace	30 min. easy pace
2 weeks before race	10 min. easy pace; 6 x 2 min. fast running with 1 min. jogging in between; 10 min. easy pace	6 miles easy pace	8 miles easy pace	30 min. easy pace	Day off
Week before race	30 min. easy pace	6 miles easy pace	4 miles easy pace	Day off	<b>Apple Blossom Half Marathon</b>

This training program is written for a runner who has already run a 5K or longer race and wants to prepare for a half marathon (13.1 miles) by training 4 or 5 days each week.