

RunJunkEes™ Half Marathon Training Plan

Week	Total Milage	Monday	Tuesday Q1	Wednesday	Thursday	Friday	Saturday Q2	Sunday
1	19	3 Miles Easy	W/C 4X800 @5k pace 4 miles	3 Miles Easy	Rest Day	3 Miles Easy	6 miles LSD	Rest Day
2	21	3 Miles Easy	W/C 6X800 @5k pace 5 miles	3 Miles Easy	Rest Day	3 Miles Easy	7 miles LSD	Rest Day
3	22	3 Miles Easy	W/C 8X800 @5k pace 6miles	3 Miles Easy	Rest Day	3 Miles Easy	2M Easy 4M 10k pace 2M Easy	Rest Day
4	20	3 Miles Easy	W/C 3X 1Mile repeat. 90sec recovery 5miles	45-60 min Cross Train	Rest Day	3 Miles Easy	8 miles LSD	Rest Day
5	24	3 Miles Easy	W/C 8X800 Crazy 8's 6miles	3 Miles Easy	Rest Day	4 Miles Easy	7 miles LSD	Rest Day
6	26	3 Miles Easy	W/C 10X800 Crazy 8's 7miles	4 Miles Easy	Rest Day	4 Miles Easy	8 miles LSD	Rest Day
7	28	4 Miles Easy	W/C 10X800 Crazy 8's 8miles	4 Miles Easy	Rest Day	4 Miles Easy	2M Easy 6M 10k pace 2M Easy	Rest Day
8	24	4 Miles Easy	W/C 5X 1Mile Repeat. 90sec recovery 7miles	45-60 min Cross Train	Rest Day	4 Miles Easy	9 miles LSD	Rest Day
9	29	4 Miles Easy	W/C 12X800 @5k pace 8miles	4 Miles Easy	Rest Day	5 Miles Easy	8 miles LSD	Rest Day

RunJunkEes™ Half Marathon Training Plan

Week	Total Mileage	Monday	Tuesday Q1	Wednesday	Thursday	Friday	Saturday Q2	Sunday
10	30	4 Miles Easy	W/C 12X800 @5k pace 8miles	4 Miles Easy	Rest Day	5 Miles Easy	9 miles LSD	Rest Day
11	32	5 Miles Easy	W/C 14X800 @5k pace 9miles	4 Miles Easy	Rest Day	5 Miles Easy	1M Easy 7M 10k pace 1M Easy	Rest Day
12	28	5 Miles Easy	W/C 7X 1Mile Repeat. 90sec recovery (9M)	45-60 min Cross Train	Rest Day	5 Miles Easy	9 miles LSD	Rest Day
13	33	5 Miles Easy	W/C 10X800 @ Goal Pace 8miles	4 Miles Easy	Rest Day	6 Miles Easy	10 miles LSD	Rest Day
14	34	5 Miles Easy	W/C 10X800 @ Goal Pace 8miles	4 Miles Easy	Rest Day	6 Miles Easy	12 miles LSD	Rest Day
15	35	6 Miles Easy	5 Miles Easy	4 Miles Easy	Rest Day	6 Miles Easy	14 Miles (10 at Goal Pace)	Rest Day
16	27	4 Miles Easy	7 Miles at Goal pace	45-60 min Cross Train	Rest Day	6 Miles Easy	10 Miles (8 at Goal Pace)	Rest Day
17	22	3 Miles Easy	Rest Day	10 Miles Easy	Rest Day	3 Miles Easy	6 miles LSD	Rest Day
18	8 + Race Week	3 Miles Easy	3 Miles Easy	Rest Day	Rest Day	2 Miles Easy	Rest Day	SHOW TIME BRING IT!!

Legend	
Q1- Quality Workout #1	Training Intensity
Q2- Quality Workout #2	Hard
W/C- 1 mile warm up & 1 mile cool down	Harder
Yasso 800's (1/2 mile runs)- Can be replaced with hill repeats in week 1-6.	Hardest
Crazy 8's- First 800 @ 5k pace, immediately followed by Second 800 1 minute slower. Take a short break between every two.	Recover