

B.A.A. HALF MARATHON TRAINING PLAN: LEVEL ONE

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WEEK 1

Monday	Off
Tuesday	2-3 miles
Wednesday	Off
Thursday	2-3 miles
Friday	Off
Saturday	2-3 miles
Sunday	Long Run: 5 miles

WEEK 2

Monday	Off
Tuesday	3-4 miles
Wednesday	Off
Thursday	3-4 miles
Friday	Off
Saturday	3-4 miles
Sunday	Long Run: 5-6 miles

WEEK 3

Monday	Off
Tuesday	4 miles
Wednesday	Off
Thursday	5 miles, 3-4 minutes rest, then 4 x 30 seconds hard with 60 seconds rest
Friday	Off
Saturday	3-4 miles
Sunday	Long Run: 6-7 miles on rolling hill course

WEEK 4

Monday	Off
Tuesday	5 miles, 3-4 minutes rest, then 4 x 30 seconds hard with 60 seconds rest
Wednesday	Off
Thursday	5 miles, 3-4 minutes rest, then 3 x 45 seconds hard with 60 seconds rest
Friday	Off
Saturday	Half Marathon Simulation: 2 miles easy, 3 miles at Goal Pace, 2 miles easy
Sunday	3 miles

WEEK 5	
Monday	Off
Tuesday	4-5 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest
Wednesday	Off
Thursday	5-6 miles, 3-4 minutes rest, then 4 x 45 seconds hard with 60 seconds rest
Friday	Off
Saturday	4 miles
Sunday	Long Run: 7-8 miles on rolling hill course
WEEK 6	
Monday	Off
Tuesday	4-5 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest
Wednesday	Off
Thursday	5-6 miles, 3-4 minutes rest, then 3 x 60 seconds hard with 90 seconds rest
Friday	Off
Saturday	Half Marathon Simulation: 2-3 miles easy, 3 miles at Goal Pace, 2 miles easy
Sunday	3-4 miles
WEEK 7	
Monday	Off
Tuesday	4-5 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest
Wednesday	Off
Thursday	5-6 miles, 3-4 minutes rest, then 4 x 45 seconds hard with 60 seconds rest
Friday	Off
Saturday	4-5 miles
Sunday	Long Run: 8-9 miles steady effort
WEEK 8	
Monday	Off
Tuesday	4-5 miles, 3-4 minutes rest, then 4 x 60 seconds hard with 90 seconds rest
Wednesday	Off
Thursday	5-6 miles
Friday	Off
Saturday	Half Marathon Simulation: 2-3 miles easy, 4 miles at Goal Pace, 2 miles easy on rolling hills course
Sunday	3-4 miles

WEEK 9	
Monday	Off
Tuesday	5-6 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest
Wednesday	Off
Thursday	5-6 miles, 3-4 minutes rest, then 4 x 50 seconds hard with 75 seconds rest
Friday	Off
Saturday	4 miles
Sunday	Long Run: 9-10 miles steady effort
WEEK 10	
Monday	Off
Tuesday	5-6 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest
Wednesday	Off
Thursday	5-6 miles
Friday	Off
Saturday	Half Marathon Simulation: 4 miles easy, 4 miles at Goal Pace, 2 miles easy on rolling hills course
Sunday	3-4 miles
WEEK 11	
Monday	Off
Tuesday	4 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest
Wednesday	Off
Thursday	4 miles, 3-4 minutes rest, then 4 x 45 seconds hard with 60 seconds rest
Friday	Off
Saturday	3 miles
Sunday	Long Run: 6 miles easy on flat course
WEEK 12	
Monday	Off
Tuesday	4 miles
Wednesday	Off
Thursday	3 miles
Friday	Off
Saturday	Pre-Race: 2 miles (easy effort)
SUNDAY	B.A.A. HALF MARATHON RACE DAY