

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

B.A.A. Half Marathon Training Plan may not be reproduced or rebroadcasted without permission from the Boston Athletic Association

WEEK 1

Monday	Off
Tuesday	3-4 miles
Wednesday	4-5 miles
Thursday	Off
Friday	4-5 miles
Saturday	3-4 miles
Sunday	Long Run: 7-8 miles on rolling hill course

WEEK 2

Monday	Off
Tuesday	Tempo Intervals: 6-8 x 1/2 mile at Half Marathon Pace with 90 seconds rest
Wednesday	5-6 miles
Thursday	Off
Friday	5-6 miles
Saturday	3-4 miles
Sunday	Long Run: 8-9 miles on rolling hill course

WEEK 3

Monday	Off
Tuesday	4-5 miles
Wednesday	Tempo Intervals: 4-5 x 3/4 mile at Half Marathon Pace with 2 minutes rest
Thursday	Off
Friday	5-6 miles, 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest
Saturday	3-4 miles
Sunday	Long Run: 9-10 miles on rolling hill course

WEEK 4

Monday	Off
Tuesday	5-6 miles
Wednesday	Progression Run: 4 miles, 3-4 minutes rest, then 4 x 60 seconds hard with 90 seconds rest
Thursday	Off
Friday	3-4 miles
Saturday	Half Marathon Simulation: 4 miles easy, 4 miles at goal pace, 2 miles easy
Sunday	3-4 miles

WEEK 5	
Monday	Off
Tuesday	5-6 miles
Wednesday	Tempo Intervals: 4 x mile at Half Marathon Pace with 2 minutes rest
Thursday	Off
Friday	5-6 miles, 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest
Saturday	4-5 miles
Sunday	Long Run: 9-10 miles on rolling hill course
WEEK 6	
Monday	Off
Tuesday	5-6 miles
Wednesday	Progression Run: 4 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest
Thursday	Off
Friday	3-4 miles
Saturday	Half Marathon Simulation: 4 miles easy, 4 miles at goal pace, 2 miles easy
Sunday	3-4 miles
WEEK 7	
Monday	Off
Tuesday	5-6 miles
Wednesday	Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3 minutes rest
Thursday	Off
Friday	5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest
Saturday	4-5 miles
Sunday	Long Run: 10-11 miles steady effort
WEEK 8	
Monday	Off
Tuesday	5-6 miles
Wednesday	Progression Run: 5 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest
Thursday	Off
Friday	4-5 miles
Saturday	Half Marathon Simulation: 5 miles easy, 5 miles at goal pace, 2 miles easy on rolling hills course
Sunday	3-4 miles

WEEK 9	
Monday	Off
Tuesday	5-6 miles
Wednesday	Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 miles at 10k pace, 3 minutes rest, 4 x 1/4 mile at 5k pace with 2 minutes rest
Thursday	Off
Friday	5-6 miles, 3-4 minutes rest, then 5 x 50 seconds hard with 75 seconds rest
Saturday	4-5 miles
Sunday	Long Run: 11-12 miles steady effort
WEEK 10	
Monday	Off
Tuesday	5-6 miles
Wednesday	Progression Run: 6 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest
Thursday	Off
Friday	4-5 miles
Saturday	Half Marathon Simulation: 5 miles easy, 5 miles at goal pace, 2 miles easy on rolling hills course
Sunday	3-4 miles
WEEK 11	
Monday	Off
Tuesday	4-5 miles
Wednesday	Tempo Intervals: 3 miles at Half Marathon Pace, 4 minutes rest, 1 miles at 10k Pace, 3 minutes rest, 4 x 1/4 mile at 5k Pace with 2 minutes rest
Thursday	Off
Friday	5 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest
Saturday	3-4 miles
Sunday	Long Run: 8 miles easy on flat course
WEEK 12	
Monday	Off
Tuesday	Progression Run: 3 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest
Wednesday	4-5 miles
Thursday	3 miles
Friday	Off
Saturday	Pre-Race: 2-3 miles (easy effort)
SUNDAY	B.A.A. HALF MARATHON RACE DAY