

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

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	4-5 miles
Wednesday	6-7 miles
Thursday	4-5 miles
Friday	Progression Run: 4 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 2

Monday	Off
Tuesday	Tempo Intervals: 5-6 x 3/4 mile at Half Marathon Pace with 400m recovery jog
Wednesday	4-5 miles
Thursday	6-7 miles, 4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest
Friday	4-5 miles
Saturday	5-6 miles
Sunday	Long Run: 10-11 miles on rolling hill course

WEEK 3

Monday	Off
Tuesday	Tempo Intervals: 4-5 x mile at Half Marathon Pace, with 2 minutes rest
Wednesday	4-5 miles
Thursday	5-6 miles
Friday	Progression Run: 5 miles, 3-4 minutes rest, then 4 x 60 seconds hard with 90 seconds rest
Saturday	4-5 miles
Sunday	Long Run: 11-12 miles on rolling hill course

WEEK 4

Monday	Off
Tuesday	Intervals: 8 x 1/2 mile at 10k pace with 90 seconds jog
Wednesday	5-6 miles
Thursday	7-8 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest
Friday	5-6 miles
Saturday	Half Marathon Simulation: 6 miles easy, 5 miles at goal pace, 2 miles easy
Sunday	4-5 miles

WEEK 5	
Monday	Off
Tuesday	Intervals: 6 x 3/4mile at 10k pace with 1/4-mile jog
Wednesday	5-6 miles
Thursday	6-7 miles
Friday	Progression Run: 6 miles, 3-4 minutes rest, then 6-7 x 45 seconds hard with 60 seconds rest
Saturday	4-5 miles
Sunday	Long Run: 13-14 miles on rolling hill course
WEEK 6	
Monday	Off
Tuesday	Intervals: 3 x 1mile at 10k pace with 1/4-mile jog, 2 x 1/2 mile at 5k pace with 1/4-mile jog
Wednesday	5-6 miles
Thursday	7-8 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest
Friday	5-6 miles
Saturday	Half Marathon Simulation: 6 miles easy, 5 miles at goal pace, 2 miles easy
Sunday	5-6 miles
WEEK 7	
Monday	Off
Tuesday	Intervals: 2 miles at HM Pace, 3 minutes rest, 2 x mile at 10k pace with 3 minutes rest, 2 x 1/2 mile at 5k pace with 2 minutes rest
Wednesday	5-6 miles
Thursday	7-8 miles
Friday	Progression Run: 6 miles, 3-4 minutes rest, then 6-7 x 45 seconds hard with 60 seconds rest
Saturday	5-6 miles
Sunday	Long Run: 13-14 miles steady effort
WEEK 8	
Monday	Off
Tuesday	Intervals: 2 x 2 miles at 10k pace with 3 minutes jog, 2 x 1/2 mile at 5k pace with 90 seconds jog
Wednesday	5-6 miles
Thursday	7-8 miles, 3-4 minutes rest, then 4-5 x 60 seconds hard with 90 seconds rest
Friday	5-6 miles
Saturday	Half Marathon Simulation: 6 miles easy, 6 miles at goal pace, 2 miles easy on rolling hills course
Sunday	5-6 miles

WEEK 9	
Monday	Off
Tuesday	Intervals: 2 miles at HM Pace, 2 minutes rest, 2 x mile at 10k pace with 2 minutes rest, 2 x 1/2 mile at 5k pace with 2 minutes rest
Wednesday	4-5 miles
Thursday	7-8 miles
Friday	Progression Run: 7 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest
Saturday	4-5 miles
Sunday	Long Run: 13-14 miles steady effort
WEEK 10	
Monday	Off
Tuesday	Intervals: 1 mile at Half Marathon Pace, 2 minutes rest, 3 x 1 mile at 10k pace with 3 minutes rest, 2 x 1/2 mile at 5k Pace with 2 minutes rest
Wednesday	5-6 miles
Thursday	7-8 miles, 3-4 minutes rest, then 6 x 45 seconds hard with 70 seconds rest
Friday	5-6 miles
Saturday	Half Marathon Simulation: 6 miles easy, 6 miles at goal pace, 2 miles easy on rolling hills course
Sunday	5-6 miles
WEEK 11	
Monday	Off
Tuesday	Intervals: 3 x 1mile at 10k pace with 3 minutes rest, 2 x 3/4 mile at 5k Pace with 1/4mile jog
Wednesday	5-6 miles
Thursday	6-7 miles
Friday	Progression Run: 5 miles, 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest
Saturday	Off
Sunday	Long Run: 10 miles easy on flat course
WEEK 12	
Monday	Off
Tuesday	Intervals: 3 x 1/2mile at 10k pace with 2 minutes rest, 3 x 1/2 mile at 5k pace with 1/4 mile jog
Wednesday	4-5 miles
Thursday	4 miles, 3-4 minutes rest, then 4 x 30 seconds hard with 60 seconds rest
Friday	Off
Saturday	Pre-Race: 3-4 miles (easy effort)
SUNDAY	B.A.A. HALF MARATHON RACE DAY