



DHT Intermediate-Advanced Half Marathon

Week	Date	Sun	Tues	Thurs	Sat
1	28-Jan	45 min walk/jog	45 minutes	45 minutes	60 minutes
2	4-Feb	45 min walk/jog	3/1 - 5 miles	Boot Camp/Speed	3/1 - 6 miles
3	11-Feb	45 min walk/jog	3/1 - 5 miles	3/1 - 6 miles	3/1 - 7 miles
4	18-Feb	45 min walk/jog	3/1 - 5 miles	Boot Camp/Speed	3/1 - 8 miles
5	25-Feb	45 min walk/jog	3/1 - 6 miles	3/1 - 6 miles	3/1 - 9 miles
6	4-Mar	45 min walk/jog	3/1 - 6 miles	Boot Camp/Speed	3/1 - 6 miles
7	11-Mar	45 min walk/jog	3/1 - 6 miles	3/1 - 6 miles	10 Mile Race Simulation
8	18-Mar	45 min walk/jog	3/1 - 6 miles	Boot Camp/Speed	3/1 - 6 miles
9	25-Mar	45 min walk/jog	3/1 - 6 miles	3/1 - 7 miles	3/1 - 11 miles
10	1-Apr	45 min walk/jog	3/1 - 6 miles	3/1 - 6 miles	3/1 - 6 miles
11	8-Apr	45 min walk/jog	3/1 - 6 miles	Boot Camp/Speed	3/1 - 12 miles
12	15-Apr	45 min walk/jog	3/1 - 6 miles	3/1 - 6 miles	3/1 - 6 miles
13	22-Apr	45 min walk/jog	3/1 - 6 miles	Boot Camp/Speed	3/1 - 13 miles
14	29-Apr	45 min walk/jog	3/1 - 6 miles	3/1 - 6 miles	3/1 - 10 miles
15	6-May	45 min walk/jog	3/1 - 6 miles	Boot Camp/Speed	3/1 - 6 miles
16	13-May	45 min walk/jog	3/1 - 6 miles	3/1 - 6 miles	Race Day!

The first number is run and the second is walk. So if the workout says 3/1 3 miles it means to run for 2 minutes and walk for 1 minutes for however long it takes you to complete 3 miles. Keep track of your times and put in a spreadsheet. We will play with these intervals.

Sundays - This is a recovery day. Do not run hard!

Monday - Stretch and drink plenty of water.

Tuesday - Tempo Run Day. You will want to push but not race pace. Ill explain.

Wednesday - Stretch and drink plenty of water.

Thursday - Strength, Speed, and Hills day. This is where your gains will come from!

Friday - Stretch and drink plenty of water.

Saturday - Long Run Day! We will work on getting your aerobic base by running at lower heart rate

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