

Half Marathon Level 1

Week	Mon Date	Mon	Tues	Wed	Thurs (Tempo)	Fri	Sat	Sun	Sun Date
1	17-Jul	25	30	Off	30	Off	3 mi	Off	23-Jul
2	24-Jul	25	30	Off	30	Off	4 mi	Off	30-Jul
3	31-Jul	30	30	Off	30	Off	4 mi	Off	6-Aug
4	7-Aug	30	30	Off	35	Off	5 mi	Off	13-Aug
5	14-Aug	30	35	Off	30/10	Off	5 mi	Off	20-Aug
6	21-Aug	30	35	Off	30/10	Off	6 mi	Off	27-Aug
7	28-Aug	30	35	Off	30/10	Off	6 mi	Off	3-Sep
8	4-Sep	30	35	Off	30/10	Off	7 mi	Off	10-Sep
9	11-Sep	30	35	Off	35/15	Off	7 mi	Off	17-Sep
10	18-Sep	30	35	Off	30/10	Off	8 mi	Off	24-Sep
11	25-Sep	35	40	Off	35/15	Off	8 mi	Off	1-Oct
12	2-Oct	35	40	Off	35/15	Off	9 mi	Off	8-Oct
13	9-Oct	35	40	Off	35/15	Off	9 mi	Off	15-Oct
14	16-Oct	35	40	Off	35/15	Off	10 mi	Off	22-Oct
15	23-Oct	35	45	Off	40/20	Off	9 mi	Off	29-Oct
16	30-Oct	35	45	Off	35/15	Off	10 mi	Off	5-Nov
17	6-Nov	35	45	Off	40/20	Off	9 mi	Off	12-Nov
18	13-Nov	35	45	Off	40/20	Off	10 mi	Off	19-Nov
19	20-Nov	35	50	Off	40/20	Off	11 mi	Off	26-Nov
20	27-Nov	35	50	Off	40/20	Off	12 mi	Off	3-Dec
21	4-Dec	35	45	Off	45	Off	11 mi	Off	10-Dec
22	11-Dec	35	45	Off	45	Off	13 mi	Off	17-Dec
23	18-Dec	35	40	Off	40	Off	11 mi	Off	24-Dec
24	25-Dec	35	40	Off	40	Off	8 mi	Off	31-Dec
25	1-Jan	30	30	Off	30	Off	6 mi	Off	7-Jan
26	8-Jan	30	30 easy	Off	30 easy	Off	Rest or 20 min	Race	14-Jan