

2023-24

## Half Marathon Level 2

Week	Mon Date	Mon	Tues (Strength & Speed)	Wed	Thurs (Tempo)	Fri	Sat	Sun	Sun Date
1	17-Jul	25	30	Off	30/10 @ HMP	Off	3 mi	Off	23-Jul
2	24-Jul	25	30	Off	30/10 @ HMP	Off	4 mi	Off	30-Jul
3	31-Jul	30	35	Off	30/10 @ HMP	Off	4 mi	Off	6-Aug
4	7-Aug	30	CR hill, 2 x 8 reps	Off	30/10 @ HMP	Off	5 mi	Off	13-Aug
5	14-Aug	30	CR hill, 2 x 8 reps	Off	30/10 @ 10K pace	Off	5 mi	Off	20-Aug
6	21-Aug	30	CR hill, 3 x 8 reps	Off	30/10 @ 10K pace	Off	6 mi	Off	27-Aug
7	28-Aug	30	CR hill, 3 x 8 reps	Off	30/10 @ 10K pace	Off	6 mi	Off	3-Sep
8	4-Sep	B2S 5K	6 x 200	Off	30/10 @ 10K pace	Off	7 mi	Off	10-Sep
9	11-Sep	30	3 x 400	Off	35/15 @ 10K pace	Off	7 mi	Off	17-Sep
10	18-Sep	30	8 x 200	Off	30/10 @ 10K pace	Off	8 mi	Off	24-Sep
11	25-Sep	35	4 x 400	Off	35/15 @ 10K pace	Off	8 mi	Off	1-Oct
12	2-Oct	35	2 x 800	Off	35/15 @ 10K pace	Off	9 mi	Off	8-Oct
13	9-Oct	35	6 x 400	Off	35/15 @ 10K pace	Off	9 mi	Off	15-Oct
14	16-Oct	35	6 x 400	Off	35/15 @ 10K pace	Off	9 mi	Off	22-Oct
15	23-Oct	35	3 x 800	Off	35/15 @ 10K pace	Off	3 mi (easy)	10K Race	29-Oct
16	30-Oct	Off	4 x 800	Off	40/20 @ 10K pace	Off	9 mi	Off	5-Nov
17	6-Nov	35	5 x 800	Off	40/20 @ 10K pace	Off	9 mi	Off	12-Nov
18	13-Nov	35	5 x 800	Off	40/20 @ 10K pace	Off	3 mi (easy)	HMSA 10 Mile	19-Nov
19	20-Nov	35	6 x 800	Off	YMCA Turkey Dash	Off	11 mi	Off	26-Nov
20	27-Nov	35	3 x 1600	Off	40/20 @ 10K pace	Off	12 mi	Off	3-Dec
21	4-Dec	35	6 x 800	Off	45/25 @ 10K pace	Off	11 mi	Off	10-Dec
22	11-Dec	35	6 x 800	Off	45/25 @ 10K pace	Off	13 mi	Off	17-Dec
23	18-Dec	35	5 x 800	Off	40/20 @ 10K pace	Off	11 mi	Off	24-Dec
24	25-Dec	35	5 x 800	Off	40/20 @ 10K pace	Off	8 mi	Off	31-Dec
25	1-Jan	30	2 x 1600	Off	30/10 @ 10K pace	Off	6 mi	Off	7-Jan
26	8-Jan	30	30 easy	Off	30 easy	Off	Rest or 20 min	Race	14-Jan

**Notes:** Workouts are in minutes unless otherwise noted

All runs are at EASY pace unless otherwise noted

All speed or hill workouts should include 1 to 1.5 mile warm up and cool down

1-2-1 notation means one mile warm up (WU), 2 miles tempo pace, 1 mile cool down (CD)

30/10 notation means a 30 minute total run with 10 minutes done at specified pace (i.e. @ HMP)

T or Tempo means Tempo Pace. See McMillan Calculator to determine your Tempo Pace

10KP means 10K Pace. See McMillan Calculator to determine your 10K Pace

HMP notation means Half Marathon Pace. See McMillan Calculator to determine your HMP

MP notation means Marathon Pace. See McMillan Calculator to determine your MP

3 x 800m notation means a workout of 3 repeats of 800 meters with a short rest in between.

CR Hill refers to the hill behind Cinco Ranch HS, but you can substitute garage ramps or another hill

[B2S 5K is the Back To School 5K Race](#)

[HHM refers to the Houston Half Marathon & 10K race in late October](#)

[HMSA refers to the Houston Masters 25K, 10 mile, and 5K race held as part of the warm up series](#)

[YMCA Turkey Dash refers to the Katy Turkey Dash held on Thanksgiving Day](#)