

2023-24

## Half Marathon Level 3

Week	Mon Date	Mon	Tues (Strength & Speed)	Wed	Thurs (Tempo)	Fri	Sat	Sun	Sun Date
1	17-Jul	25	30/10 @ HMP	30	30	Off	4 mi	Off	23-Jul
2	24-Jul	30	30/10 @ HMP	30	30	Off	5 mi	Off	30-Jul
3	31-Jul	30	30/10 @ HMP	30	35	Off	5 mi	Off	6-Aug
4	7-Aug	40	CR hill, 2 x 8 reps	40	35	Off	6 mi	Off	13-Aug
5	14-Aug	40	CR hill, 3 x 8 reps	40	1-2-1	Off	6 mi	Off	20-Aug
6	21-Aug	40	CR hill, 4 x 8 reps	40	1-2-1	Off	7 mi	Off	27-Aug
7	28-Aug	40	CR hill, 4 x 10 reps	45	1-2-1	Off	7 mi	Off	3-Sep
8	4-Sep	B2S 5K	4 x 400m	45	40/20 @ HMP	Off	8 mi	Off	10-Sep
9	11-Sep	45	3 x 800m	45	40/20 @ HMP	Off	8 mi	Off	17-Sep
10	18-Sep	45	6 x 400m	45	40/20 @ HMP	Off	9 mi	Off	24-Sep
11	25-Sep	45	4 x 800m	50	2-2-1	Off	10 mi	Off	1-Oct
12	2-Oct	45	2 x 1600m	50	2-2-1	Off	10 mi	Off	8-Oct
13	9-Oct	45	5 x 800m	50	1-3-1	Off	11 mi	Off	15-Oct
14	16-Oct	45	5 x 800m	50	45/25 @ HMP	Off	11 mi	Off	22-Oct
15	23-Oct	30	2 x 2000m	50	50/30 @ HMP	Off	3 mi (easy)	10K Race	29-Oct
16	30-Oct	Off	6 x 800m	50	50/30 @ HMP	Off	11 mi	Off	5-Nov
17	6-Nov	30	6 x 800m	50	50/30 @ HMP	Off	10 mi	Off	12-Nov
18	13-Nov	45	3 x 1600m	50	1-3-1	Off	3 mi (easy)	HMSA 10 Mile	19-Nov
19	20-Nov	45	7 x 800m	50	YMCA Turkey Dash	Off	12 mi	Off	26-Nov
20	27-Nov	45	4 x 1600m	50	2-3-1	Off	14 mi	Off	3-Dec
21	4-Dec	45	8 x 800m	50	1-2-1-2-1	Off	12 mi	Off	10-Dec
22	11-Dec	50	3 x 1600m	50	60/35 @ HMP	Off	15 mi	Off	17-Dec
23	18-Dec	45	6 x 800m	50	50/30 @ HMP	Off	12 mi	Off	24-Dec
24	25-Dec	45	5 x 800m	50	50/30 @ HMP	Off	10 mi	Off	31-Dec
25	1-Jan	30	2 x 1600m	50	40/20 @ HMP	Off	6 mi	Off	7-Jan
26	8-Jan	30	5000m @ HMP	20/easy	rest or 20 min easy	Off	rest or 20 min easy	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](#)