

2024-25

Half Marathon Level 3

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

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

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

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

"Hill" can be a multilevel parking garage, the hill behind Cinco Ranch High School, or any other hill you can find

[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](#)