

Half Marathon Level 2

Week	Plan	Mon Date	Mon	Tues (Track)	Wed	Thurs (Tempo)	Fri	Sat	Sun	Sun Date
1	HM2	14-Jul	25	30	Off	30/10 @ HMP	Off	3 mi	Off	20-Jul
2	HM2	21-Jul	25	30	Off	30/10 @ HMP	Off	4 mi	Off	27-Jul
3	HM2	28-Jul	30	35	Off	30/10 @ HMP	Off	4 mi	Off	3-Aug
4	HM2	4-Aug	30	Hill, 2 x 8 reps	Off	30/10 @ HMP	Off	5 mi	Off	10-Aug
5	HM2	11-Aug	30	Hill, 2 x 8 reps	Off	30/10 @ 10K pace	Off	5 mi	Off	17-Aug
6	HM2	18-Aug	30	Hill, 3 x 8 reps	Off	30/10 @ 10K pace	Off	6 mi	Off	24-Aug
7	HM2	25-Aug	30	Hill, 3 x 8 reps	Off	30/10 @ 10K pace	Off	6 mi	Off	31-Aug
8	HM2	1-Sep	B2S 5K	6 x 200m	Off	30/10 @ 10K pace	Off	7 mi	Off	7-Sep
9	HM2	8-Sep	30	3 x 400m	Off	35/15 @ 10K pace	Off	7 mi	Off	14-Sep
10	HM2	15-Sep	30	8 x 200m	Off	30/10 @ 10K pace	Off	8 mi	Off	21-Sep
11	HM2	22-Sep	35	4 x 400m	Off	35/15 @ 10K pace	Off	8 mi	Off	28-Sep
12	HM2	29-Sep	35	2 x 800m	Off	35/15 @ 10K pace	Off	9 mi	Off	5-Oct
13	HM2	6-Oct	35	6 x 400m	Off	35/15 @ 10K pace	Off	9 mi	Off	12-Oct
14	HM2	13-Oct	35	3 x 800m	Off	35/15 @ 10K pace	Off	9 mi	Off	19-Oct
15	HM2	20-Oct	35	5000m @ 10KP	Off	35/15 @ 10K pace	Off	3 mi (easy)	10K Race	26-Oct
16	HM2	27-Oct	Off	4 x 800m	Off	40/20 @ 10K pace	Off	9 mi	Off	2-Nov
17	HM2	3-Nov	35	5 x 800m	Off	40/20 @ 10K pace	Off	9 mi	Off	9-Nov
18	HM2	10-Nov	35	5 x 800m	Off	40/20 @ 10K pace	Off	11 mi	Off	16-Nov
19	HM2	17-Nov	35	6 x 800m	Off	40/20 @ 10K pace	Off	3 mi (easy)	HMSA 10 Mile	23-Nov
20	HM2	24-Nov	Off	5000m @ 10KP	Off	YMCA Turkey Dash	Off	12 mi	Off	30-Nov
21	HM2	1-Dec	35	6 x 800m	Off	45/25 @ 10K pace	Off	11 mi	Off	7-Dec
22	HM2	8-Dec	35	6 x 800m	Off	45/25 @ 10K pace	Off	13 mi	Off	14-Dec
23	HM2	15-Dec	35	5 x 800m	Off	40/20 @ 10K pace	Off	11 mi	Off	21-Dec
24	HM2	22-Dec	35	5 x 800m	Off	40/20 @ 10K pace	Off	8 mi	Off	28-Dec
25	HM2	29-Dec	30	2 x 1600m	Off	30/10 @ 10K pace	Off	6 mi	Off	4-Jan
26	HM2	5-Jan	30	5000m @ HMP	Off	rest or 20 min easy	Off	rest or 20 min easy	Race	11-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](#)