

10 Weeks to Half-Marathon Training Program			
	by Personal Running Trainer.com		
	Day 1	Day 2	Day 3
Week 1	6 min. run followed by 3 min. jog or walk - repeat x3	30 min. tempo run	easy 40 min. run at a steady, relaxed pace
Week 2	6 min. run followed by 3 min. jog or walk - repeat x4	40 min. tempo run	easy 60 min. run at a steady, relaxed pace
Week 3	6 min. run followed by 3 min. jog or walk - repeat x5	50 min. tempo run	easy 80 min. run at a steady, relaxed pace
Week 4	6 min. run followed by 3 min. jog or walk - repeat x6	60 min. tempo run	easy 90 min. run at a steady, relaxed pace
Week 5	6 min. run followed by 3 min. jog or walk - repeat x7	70 min. tempo run	easy 100 min. run at a steady, relaxed pace
Week 6	6 min. run followed by 3 min. jog or walk - repeat x8	80 min. tempo run	easy 110 min. run at a steady, relaxed pace
Week 7	6 min. run followed by 3 min. jog or walk - repeat x9	90 min. tempo run	easy 120 min. run at a steady, relaxed pace
Week 8	6 min. run followed by 3 min. jog or walk - repeat x6	60 min. tempo run	easy 90 min. run at a steady, relaxed pace
Week 9	6 min. run followed by 3 min. jog or walk - repeat x4	50 min. tempo run	easy 60 min. run at a steady, relaxed pace
Week 10	30 min. tempo run	3 1/2 min. run followed by 90 second jog or walk - repeat 5 times	RACE!