

Happy Half Marathon 2016 Training Program

Week	Saturday	Sunday	Monday	Tuesday (20 min tempo)	Wednesday	Thursday	Friday
1 Feb 13	12km	Rest	Rest	10km	Rest	6km/45 sec sprints x 6	Rest
2 Feb 20	13km	Rest	Rest	10km	Rest	7km/Track 400m x 9	Rest
3 Feb 27	11km	Rest	Rest	10km	Rest	7km/Hill Repeat x 4	Rest
4 Mar 5	15km	Rest	Rest	10km	Rest	7km/45 sec sprints x 7	Rest
5 Mar 12	13km	Rest	Rest	10km	Rest	7km/Track 400m x 10	Rest
6 Mar 19	17km	Rest	Rest	10km	Rest	8km/Hill Repeat x 5	Rest
7 Mar 26	15km	Rest	Rest	10km	Rest	8km/45 sec sprints x 8	Rest
8 Apr 2	19km	Rest	Rest	10km	Rest	8km	Rest
9 Apr 9	17km	Rest	Rest	10km	Rest	8km	Rest
10 Apr 16	21km	Rest	Rest	10km	Rest	5km	Rest
11 Apr 23	15km	Rest	Rest	8km	Rest	4-5km	Rest
12 Apr 30	5km	Rest	Rest	5km	Rest	Easy 5km	Rest
13 May 7	Race Day		Rest	Rest	Rest	Easy 5km	Rest