

## Modified Half Marathon Training Program for PEI, MEC or Scotiabank on October 16<sup>th</sup>, 2016

| Week         | Saturday | Sunday   | Monday | Tuesday<br>(20 min tempo) | Wednesday | Thursday                  | Friday |
|--------------|----------|----------|--------|---------------------------|-----------|---------------------------|--------|
| 1<br>Aug 27  | 13km     | Rest     | Rest   | 10km                      | Rest      | 7km/45 sec<br>sprints x 5 | Rest   |
| 2<br>Sept 4  | 15km     | Rest     | Rest   | 10km                      | Rest      | 7km/Hill<br>Repeat x 3    | Rest   |
| 3<br>Sept 11 | 17km     | Rest     | Rest   | 10km                      | Rest      | 8km/60 sec<br>sprints x 5 | Rest   |
| 4<br>Sept 18 | 14km     | Rest     | Rest   | 10km                      | Rest      | 8km/Hill<br>Repeat x 4    | Rest   |
| 5<br>Sept 25 | 19km     | Rest     | Rest   | 10km                      | Rest      | 8km/60 sec<br>sprints x 5 | Rest   |
| 6<br>Oct 2   | 10km     | Rest     | Rest   | 5-8km                     | Rest      | 5km                       | Rest   |
| 7<br>Oct 16  | Rest     | Race Day | Rest   | Rest or<br>Easy 5km       | Rest      | Easy 5km                  | Rest   |