

Naples Half Marathon Training Program

(from 10 km base)

Week	Saturday	Sunday	Monday	Tuesday (20 min tempo)	Wednesday	Thursday (Specials)	Friday
1 Sept 8	11km	Rest	Rest	8km	Rest	5km w Hill Repeat x 2	Rest
2 Sept 15	13km	Rest	Rest	8km	Rest	6km w 30 sec sprints x 5	Rest
3 Sept 22	15km	Rest	Rest	9km	Rest	6km w 400m repeats x 4	Rest
4 Sept 29	12km	Rest	Rest	9km	Rest	6km w Hill x 3	Rest
5 Oct 6	17km	Rest	Rest	10km	Rest	7km w 45 sec repeats x 5	Rest
6 Oct 13	19km	Rest	Rest	10km	Rest	7km w 400 m repeats x 6	Rest
7 Oct 20	15km	Rest	Rest	10km	Rest	7km w Hill x 4	Rest
8 Oct 27	21km	Rest	Rest	10km	Rest	8km w 60 sec sprints x 5	Rest
9 Nov 3	15km	Rest	Rest	8km	Rest	8km	Rest
10 Nov 10	10km	Rest	Rest	5km	Rest	4-5km easy	Rest
11 Nov 17	Rest	Race Day 21.1km	Rest	Rest	Rest	Rest	Rest