2016 B.A.A. HALF MARATHON TRAINING PLAN: LEVEL TWO

The 2016 B.A.A. Half Marathon Training Plan may not be reproduced or rebroadcasted without permission from the Boston Athletic Association

WEEK ONE: JULY 18 - JULY 24

Monday	Off
Tuesday	3-4 miles
Wednesday	4-5 miles
Thursday	Off
Friday	4-5 miles
Saturday	3-4 miles
Sunday	Long Run: 7-8 miles

WEEK TWO: JULY 25 - JULY 31

Monday	Off
Tuesday	Intervals: 6 x 1/2 mile at half marathon goal pace with 60-90 sec rest
Wednesday	5-6 miles
Thursday	Off
Friday	5-6 miles
Saturday	3-4 miles
Sunday	8-9 miles

WEEK THREE: AUGUST 1 - AUGUST 7

Monday	Off
Tuesday	4-5 miles
Wednesday	Intervals: 4 x 1/2 mile at half marathon goal pace with 60 sec rest, 2 x 1/2 mile at 10k pace with 90 sec rest
Thursday	Off
Friday	5-6 miles
Saturday	3-4 miles
Sunday	Long Run: 9-10 miles

WEEK FOUR: AUGUST 8 - AUGUST 14

Monday	Off
Tuesday	5-6 miles
Wednesday	Tempo Run: 1.5 miles easy, 4 miles at half marathon goal pace, 1.5 miles easy
Thursday	Off
Friday	4-5 miles
Saturday	3-4 miles
Sunday	Half Marathon Simulation: 4 miles easy, 4 miles at half marathon goal pace plus 20 sec/mile, 2 miles easy

WEEK FIVE: AUGUST 15 - AUGUST 21	
Monday	Off
Tuesday	5-6 miles
Wednesday	Intervals: 3 x mile at half marathon goal pace with 60-90 sec rest, 2 x 1/2 mile at 10k pace with 90 sec rest
Thursday	Off
Friday	5-6 miles
Saturday	4-5 miles
Sunday	Long Run: 9-10 miles
WEEK SIX: AUGUST 22 - AUGUST 28	
Monday	Off
Tuesday	5-6 miles
Wednesday	Tempo Run: 1.5 miles easy, 4 miles at half marathon goal pace, 1.5 miles easy
Thursday	Off
Friday	5-6 miles
Saturday	3-4 miles
Sunday	Half Marathon Simulation: 4 miles easy, 4 miles at half marathon goal pace plus 15 sec/mile, 2 miles easy
WEEK SEVEN: AUGUST 29 - SEPTEMBER 4	
Monday	Off
Tuesday	5-6 miles
Wednesday	Intervals: 2 miles at half marathon goal pace, 2 min rest, 1 mile at half marathon goal pace, 90 sec rest, 4 x 1/2 mile at 10k pace with 90 sec rest
Thursday	Off
Friday	5-6 miles
Saturday	4-5 miles
Sunday	Long Run: 11-12 miles
WEEK EIGHT: SEPTEMBER 5 - SEPTEMBER 11	
Monday	Off
Tuesday	5-6 miles
Wednesday	Tempo Run: 1.5 miles easy, 5 miles at half marathon goal pace, 1.5 miles easy
Thursday	Off
Friday	5-6 miles
Saturday	4-5 miles
Sunday	Half Marathon Simulation: 5 miles easy, 5 miles at half marathon goal pace plus 15 sec/mile, 2 miles easy

WEEK NINE: SEPTEMBER 12 - SEPTEMBER 18	
Monday	Off
Tuesday	5-6 miles
Wednesday	Intervals: 2 miles at half marathon goal pace, 2 min rest, 1 mile at 10k pace, 90 sec rest, 4 x 1/2 mile at 5k pace with 90 sec rest
Thursday	Off
Friday	5-6 miles
Saturday	4-5 miles
Sunday	Long Run: 11-13 miles
WEEK TEN: SEPTEMBER 19 - SEPTEMBER 25	
Monday	Off
Tuesday	5-6 miles
Wednesday	Tempo Run: 1.5 miles easy, 6 miles at half marathon goal pace, 1.5 miles easy
Thursday	Off
Friday	5-6 miles
Saturday	4-5 miles
Sunday	Half Marathon Simulation: 5 miles easy, 5 miles at half marathon goal pace plus 15 sec/mile, 2 miles easy
WEEK ELEVEN: SEPTEMBER 26 - OCTOBER 2	
Monday	Off
Tuesday	4-5 miles
Wednesday	Intervals: 2 miles at half marathon goal pace, 2 min rest, 2 miles at 10k pace, 3 min rest, 2 x 1/2 mile at 5k pace with 90 sec rest
Thursday	Off
Friday	5-6 miles
Saturday	3-4 miles
Sunday	Long Run: 7-9 miles
WEEK TWELVE: OCTOBER 3 - OCTOBER 9	
Monday	Off
Tuesday	Intervals: 2 x 1/2 mile at 10k pace with 1/4 mile jog, 2 x 1/2mile at 5k pace with 1/4 mile jog
Wednesday	4-5 miles
Thursday	3miles
Friday	Off
Saturday	Pre Race: 2-3 miles (easy effort)
SUNDAY	**2016 B.A.A. HALF MARATHON**