

10-WEEK HALF MARATHON AND STRENGTH TRAINING PLAN

WEEKS 1-5

WEEKLY GOALS

- NUTRITION
- REST (AT LEAST 2 DAYS)
- RECOVER (FOAM ROLL, STRETCH)
- HIP STRENGTHENERS

SUN	MON	TUE	WED	THU	FRI	SAT
REST	UPPER BODY + 2 MILES EASY	LOWER BODY	REST	4 MILES EASY	CORE + OPTIONAL CROSSTRAIN	LONG RUN: 5 MILES
REST	UPPER BODY + 2 MILES EASY	LOWER BODY + 15 MINUTES HIIT SPRINTS	REST	4 MILES EASY	CORE + OPTIONAL CROSSTRAIN	LONG RUN: 6 MILES
REST	UPPER BODY + 2 MILES EASY	LOWER BODY + 15 MINUTES HILL TRAINING	REST	5 MILES WITH 3 MILES AT HMP	CORE + OPTIONAL CROSSTRAIN	LONG RUN: 7 MILES
REST	UPPER BODY + 2 MILES EASY	LOWER BODY + 15 MINUTES HIIT TRAINING	REST	6 MILES WITH 4 MILES AT HMP	CORE + OPTIONAL CROSSTRAIN	LONG RUN: 7 MILES
REST	UPPER BODY + 2 MILES EASY	LOWER BODY + 15 MINUTES HIIT TRAINING	REST	3 MILES EASY	CORE + OPTIONAL CROSSTRAIN	LONG RUN: 5 MILES

10-WEEK HALF MARATHON AND STRENGTH TRAINING PLAN

WEEKS 6- 10

SUN	MON	TUE	WED	THU	FRI	SAT
REST	UPPER BODY + 2 MILES EASY	LOWER BODY + 15 MINUTES HIIT SPRINTS	REST	7 MILES WITH 3 MILES AT HMP	CORE + OPTIONAL CROSSTRAIN	LONG RUN: 8 MILES
REST	UPPER BODY + 2 MILES EASY	LOWER BODY + 15 MINUTES HIIT SPRINTS	REST	6 MILES WITH 4 MILES AT HMP	CORE + OPTIONAL CROSSTRAIN	LONG RUN: 9 MILES
REST	UPPER BODY + 2 MILES EASY	LOWER BODY + 15 MINUTES HILL TRAINING	REST	5 MILES WITH 3 MILES AT HMP	CORE + OPTIONAL CROSSTRAIN	LONG RUN: 10 MILES
REST	UPPER BODY + 2 MILES EASY	LOWER BODY + 15 MINUTES HIIT TRAINING	REST	6 MILES WITH 4 MILES AT HMP	CORE + OPTIONAL CROSSTRAIN	LONG RUN: 8 MILES
REST	UPPER BODY	4 MILES WITH 2 MILES AT HMP	REST	REST	2 MILES EASY	RACE DAY

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