

Charlottesville Fall Classic Half Marathon Training Plan



Beginner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	1 hour walk or bike	2 mile run	2 mile run with some easy sprints	1 hour walk with hills	flex day	3 mile walk, 1 mile run	2 mile run
Week 2	1 hour walk or bike	2 mile run	2 mile run with some easy sprints	1 hour walk with hills	flex day	3 mile hike with hills	3 mile run
Week 3	1 hour walk or bike	2 mile run	1 mile easy, 1 mile harder effort	1 hour walk with hills	flex day	3 mile hike with hills	3 mile run
Week 4	1 hour walk or bike	3 mile run	1 mile easy, 1 mile harder effort	1 hour walk with hills	flex day	3 mile hike with hills	4 mile run
Week 5	1 hour walk or bike	3 mile run	2 mile easy, 1 mile half marathon pace	1 hour walk with hills	flex day	3 mile run with hills	4 mile run
Week 6	1 hour walk or bike	3 mile run	2 mile easy, 2 mile half marathon pace	1 hour walk with hills	flex day	3 mile run with hills	5 mile run
Week 7	1 hour walk or bike	4 mile run	2 mile easy, 3 mile half marathon pace	1 hour run	flex day	4 mile run with hills	6 mile run
Week 8	1 hour walk or bike	4 mile run	2 mile easy, 3 mile half marathon pace	1 hour run	flex day	4 mile run with hills	7 mile run
Week 9	1 hour walk or bike	4 mile run	2 mile easy, 3 mile half marathon pace	1 hour run	flex day	4 mile run with hills	8 mile run
Week 10	1.5 hour walk or bike	4 mile run	2 mile easy, 4 mile half marathon pace	1.5 hour run	flex day	5 mile run with hills	9 mile run
Week 11	1.5 hour walk or bike	5 mile run	1 mile easy, 5 mile half marathon pace	1.5 hour run	flex day	5 mile run with hills	10 mile run on race course
Week 12	1.5 hour walk or bike	5 mile run	1 mile easy, 6 mile half marathon pace	1.5 hour run	flex day	5 mile run with hills	11 mile run
Week 13	1.5 hour walk or bike	6 mile run	1 mile easy, 7 mile half marathon pace	1.5 hour run	flex day	6 mile run with hills	12 mile run on race course
Week 14	1.5 hour walk or bike	6 mile run	1 mile easy, 7 mile half marathon pace	1.5 hour run	flex day	6 mile run with hills	13 mile run
Week 15	30 min walk or bike	4 mile run	4 mile with 10 by 30 seconds sprints	1.5 hour run	flex day	3 mile easy run	5 mile run
Week 16	1 hour easy run	1 hour easy run	1 hour walk or bike	30 minutes easy run	rest	rest	RACE!

Advanced

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	1 hour run or bike	4 mile run	2 mile easy, 2 mile tempo	45 min run	flex day	4 mile run	5 mile long run
Week 2	1 hour run or bike	4 mile run	2 mile easy, 2 mile tempo	45 min run	flex day	4 mile run	5 mile long run

Week 3	1 hour run or bike	5 mile run	2 mile easy, 3 mile tempo	45 min run	flex day	5 mile run with hills	6 mile run with 2 mile at HM pace
Week 4	1 hour run or bike	5 mile run	2 mile easy, 4 mile tempo	45 min run	flex day	6 mile run with hills	7 mile run with 2 mile at HM pace
Week 5	1 hour run or bike	6 mile run	2 mile easy, 4 mile tempo	1 hour run	flex day	6 mile run with hills	8 mile run with 3 mile at HM pace
Week 6	1 hour run or bike	6 mile run	2 mile easy, 5 mile tempo	1 hour run	flex day	7 mile run with hills	8 mile run with 3 mile at HM pace
Week 7	1 hour run or bike	7 mile run	2 mile easy, 5 mile tempo	1 hour run	flex day	7 mile run with hills	9 mile run with 4 mile at HM pace
Week 8	1 hour run or bike	7 mile run	2 mile easy, 6 mile tempo	1 hour run	flex day	7 mile run with hills	9 mile run with 4 mile at HM pace
Week 9	1 hour run or bike	8 mile run	2 mile easy, 6 mile tempo	1 hour run	flex day	8 mile run with hills	10 mile run with with 5 mile at HM pace
Week 10	1.5 hour run or bike	8 mile run	2 mile easy, 7 mile tempo	1.5 hour run	flex day	8 mile run with hills	11 mile run with 6 mile at HM pace
Week 11	1.5 hour run or bike	9 mile run	2 mile easy, 7 mile tempo	1.5 hour run	flex day	8 mile run with hills	12 mile run with 7 mile at HM pace
Week 12	1.5 hour run or bike	9 mile run	2 mile easy, 8 mile tempo	1.5 hour run	flex day	8 mile run with hills	12 mile run with 8 mile at HM pace
Week 13	1.5 hour run or bike	10 mile run	2 mile easy, 8 mile tempo	1.5 hour run	flex day	8 mile run with hills	14 mile run on race course
Week 14	1.5 hour run or bike	10 mile run	2 mile easy, 8 mile tempo	1.5 hour run	flex day	9 mile run with hills	13 mile run with 4 miles at HM pace
Week 15	30 min run or bike	4 mile run	4 mile with 10 by 30 seconds sprints	1.5 hour run	flex day	3 mile easy run	5 mile run
Week 16	1 hour easy run	flex day	1 hour easy run	30 minutes easy run	rest	rest	RACE!