

17 Week HALF MARATHON INTERMEDIATE SCHEDULE

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
1	2	XT or Rest	XT or Rest	3	XT or Rest	3	XT or Rest	8
2	2	XT or Rest	XT or Rest	3	XT or Rest	4	XT or Rest	9
3	3	XT or Rest	XT or Rest	3	XT or Rest	5*	XT or Rest	11
4	2	XT or Rest	XT or Rest	4	XT or Rest	6	XT or Rest	12
5	3	XT or Rest	XT or Rest	4	XT or Rest	5**	XT or Rest	12
6	3	XT or Rest	XT or Rest	4	XT or Rest	7**	XT or Rest	14
7	3	XT or Rest	XT or Rest	5	XT or Rest	8	XT or Rest	16
8	3	XT or Rest	XT or Rest	4	XT or Rest	7	XT or Rest	14
9	3	XT or Rest	XT or Rest	5	XT or Rest	9	XT or Rest	17
10	4	XT or Rest	XT or Rest	5	XT or Rest	10**	XT or Rest	19
11	3	XT or Rest	XT or Rest	5	XT or Rest	7	XT or Rest	15
12	4	XT or Rest	XT or Rest	6**	XT or Rest	12	XT or Rest	22
13	3	XT or Rest	XT or Rest	5	XT or Rest	7	XT or Rest	15
14	4	XT or Rest	XT or Rest	7**	XT or Rest	11	XT or Rest	22
15	4	XT or Rest	XT or Rest	7	XT or Rest	7	XT or Rest	18
16	3	XT or Rest	XT or Rest	6	XT or Rest	5	XT or Rest	14
17	3	XT or Rest	XT or Rest	3	XT or Rest	0	Half Marathon	19.1

XT = Cross Train * 1/2 the run is uphill ** 1/2 the run is TEMPO or FARTLEK

Run, XT and Rest days may be adjusted to fit your schedule