

Derby ½ Marathon Training Schedule

Week Of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26 – Jan	3	2mi run or cross	3	Rest	30 min cross	4 mi run	Stretch & Strength
2 – Feb	3	2mi run or cross	5x400	Rest	30 min cross	5 mi run	Stretch & Strength
9- Feb	3	2mi run or cross	30 min tempo	40 min cross or easy run	Rest	6 mi run or USI 5k	Stretch & Strength
16 – Feb	3.5	2mi run or cross	6x400	40 min cross	Rest	7 mi run	Stretch & Strength
23 – Feb	3.5	2mi run or cross	35 min tempo	Rest	40 min cross	6 mi run	Stretch & Strength
2 – March	4	2mi run or cross	7x400	Rest or easy run	Rest if racing next day or 50 min cross	7 mi run Or BBBS 5k race	Stretch & Strength
9 – March	4	2mi run or cross	40 min tempo	Rest or easy run	Rest if racing next day or 50 min cross	8 mi run or USI 7K	Stretch & Strength
16 – March	4.5	3mi run or cross	8x400	40 min cross	Rest	6 mi run	Stretch & Strength
23 – March	4.5	3mi run or cross	40 min tempo	Rest	50 min cross	8 mi run	Stretch & Strength
30 – March	5	3mi run or cross	9x400	Rest	50 min cross	9 mi run	Stretch & Strength
6 – April	5	3mi run or cross	45 min tempo	Rest or easy run	Rest if racing next day or 60 min cross	10 mi run or USI 10k	Stretch & Strength
13 – April	5	3mi run or cross	10x400	Rest	60 min cross	11 mi run	Stretch & Strength
20 - April	4 mi run	3mi run or cross	2 min run	Rest	Rest	Derby ½ & full	Stretch & Strength

Dropbox/EverBodys/Workout Forms/Half marathon training schedule