

# Half Marathon Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week One</b>	Rest Day	Easy 5K 75% MHR	Easy 5K 75% MHR	Easy 5K 75% MHR	Rest Day	Cross Training Yoga/Pilates/Gym	Easy 8K 75% MHR
<b>Week Two</b>	Rest Day	8K 85% MHR Fartlek	Easy 5K 75% MHR	Easy 8K 75% MHR	Rest Day	Cross Training Yoga/Pilates/Gym	Easy 8K 75% MHR
<b>Week Three</b>	Rest Day	5K 85% MHR Fartlek	Easy 10K 75% MHR	Easy 5K 75% MHR	Rest Day	Parkrun 90% MHR	Easy 8K 75% MHR
<b>Week Four</b>	Rest Day	5K 85% MHR Fartlek	Easy 5K 75% MHR	Easy 8K 75% MHR	Rest Day	Cross Training Yoga/Pilates/Gym	Easy 10K 75% MHR
<b>Week Five</b>	Rest Day	8K 85% MHR Fartlek	Cross Training Yoga/Pilates/Gym	Easy 8k 75% MHK	Rest Day	Parkrun 90% MHR	Easy 8K 75% MHR
<b>Week Six</b>	Rest Day	Easy 5K 75% MHR	Cross Training Yoga/Pilates/Gym	Easy 5K 75% MHR	Rest Day	2K at Race Pace	10K Race
<b>Week Seven</b>	Rest Day	Easy 5K 75% MHR	Easy 5K 75% MHR	Easy 5K 75% MHR	Rest Day	Cross Training Yoga/Pilates/Gym	Easy 8K 75% MHR
<b>Week Eight</b>	Rest Day	8K 85% MHR Fartlek	Easy 10K 75% MHR	Easy 5K 75% MHR	Rest Day	Parkrun 90% MHR	Easy 12K 75% MHR
<b>Week Nine</b>	Rest Day	8K 85% MHR Fartlek	Easy 10K 75% MHR	Easy 8K 75% MHR	Rest Day	Cross Training Yoga/Pilates/Gym	Easy 16K 75% MHR
<b>Week Ten</b>	Rest Day	8K 85% MHR Fartlek	Easy 10K 75% MHR	Easy 8K 75% MHR	Rest Day	Cross Training Yoga/Pilates/Gym	Easy 18K 75% MHR
<b>Week Eleven</b>	Rest Day	8K 85% MHR Fartlek	Cross Training Yoga/Pilates/Gym	Easy 8K 75% MHR	Rest Day	Parkrun 90% MHR	Easy 8K 75% MHR
<b>Week Twelve</b>	Rest Day	Easy 5K 75% MHR	Cross Training Yoga/Pilates/Gym	Easy 5K 75% MHR	Rest Day	2K at Race Pace	Race Day