

**Heart Rate Half Marathon
Training Schedule**
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	Workout #1 (Sunday)	Workout #2 (Tuesday)	Workout #3 (Thursday)
Week 11	5 miles	Speed Work (Triple 7's) or Max Heart Rate Test	4.5 miles
Week 10	10k Race	Speed Work (Triple 7's)	4.5 miles
Week 9	5 miles	Speed Work (Triple 7's)	4.5 miles
Week 8	5 miles	Speed Work (6 x 800) 3 miles 90 sec rest	4.5 miles
Week 7	9 Miles @ MHR	Speed Work (Mile Test)	4.5 miles

Week 6	5 miles	Speed Work (10 x 400) 60 sec rest	4.5 miles
Week 5	5 miles	Speed Work (4 x 800) 10k speed) 90 sec rest	4.5 miles
Week 4	9 mile @ MHR	Speed Work (12 x 400) 5k speed) 60 sec rest	4.5 miles
Week 3	5 miles	Speed Work	4.5 miles
Week 2	5 miles	Speed Work (Mile Test)	4.5 miles
Race Week	4 miles	Tuesday - Speed Work Thursday - 2 miles	13.1 Miles Race Day!