

**Half Marathon Training Plan:****0:09:00**

<b>Week</b>	<b>Tue</b>	<b>Thu</b>	<b>Sun</b>
1	19-Jun 4x400	21-Jun 3 mile tempo	24-Jun 6 mile long run
2	26-Jun 4x800	28-Jun 4 mile tempo	1-Jul 6 mile long run
3	3-Jul 3x1600	5-Jul 5 mile tempo	8-Jul 8 mile long run
4	10-Jul 6x400	12-Jul 6 mile tempo	15-Jul 10 mile long run
5	17-Jul 3x1600	19-Jul 4 mile tempo	22-Jul 12 mile long run
6	24-Jul 4x800	26-Jul 8 mile tempo	29-Jul 14 mile long run
7	31-Jul 6x400	2-Aug 6 mile tempo	5-Aug 10 mile long run
8	7-Aug 4x1600	9-Aug 8 mile tempo	12-Aug 12 mile long run
9	14-Aug 3x800	16-Aug 3 mile tempo	19-Aug 6 mile long run
10	21-Aug 4x400	23-Aug 2 mile tempo	26-Aug 5 mile long run

**400 pace: 01:56.3****800 pace: 03:57.5****1600 pace: 08:15.0****Tempo pace: 08:45.0****Long run pace 09:30.0**