

DEBBIE'S 7-WEEK TRAINING SCHEDULE FOR A HALF MARATHON*

SUN	MON	TUE	WED	THU	FRI	SAT
6-7 miles EASY	0-4 miles or ACTIVE REST	5 miles TEMPO CHANGE	0-4 miles or ACTIVE REST	4 miles NEGATIVE SPLIT	0-4 miles or ACTIVE REST	4-6 miles HARD &/or HILLY
8 miles EASY	0-4 miles or ACTIVE REST	4 miles YOUR CHOICE	5-6 miles PYRAMID	4 miles YOUR CHOICE	0-4 miles or ACTIVE REST	5-7 miles HARD &/or HILLY
9 miles EASY	0-4 miles or ACTIVE REST	6 miles TEMPO CHANGE	0-4 miles or ACTIVE REST	4-6 miles NEGATIVE SPLIT	0-4 miles or ACTIVE REST	5-7 miles HARD &/or HILLY
10 miles EASY	0-4 miles or ACTIVE REST	5 miles YOUR CHOICE	6-7 miles PYRAMID	4 miles YOUR CHOICE	0-4 miles or ACTIVE REST	5-7 miles HARD &/or HILLY
10-12 miles EASY	0-4 miles or ACTIVE REST	6-7 miles TEMPO CHANGE	0-4 miles or ACTIVE REST	6 miles NEGATIVE SPLIT	0-4 miles or ACTIVE REST	5-7 miles HARD &/or HILLY
10-14 miles EASY	0-4 miles or ACTIVE REST	5 miles YOUR CHOICE	6-8 miles PYRAMID	4 miles YOUR CHOICE	0-4 miles or ACTIVE REST	5-7 miles HARD &/or HILLY
9-11 miles EASY	0-4 miles or ACTIVE REST	4-5 miles TEMPO CHANGE	0-4 miles or ACTIVE REST	4 miles YOUR CHOICE	0-4 miles or ACTIVE REST	0-4 miles or ACTIVE REST
HALF MARATHON DAY						

***CAVEAT**

TEMPO CHANGE

This schedule is designed for an uninjured runner with a base of about 20 miles a week. Run with 1-4 minute lifts or surges separated by 2-6 minutes of jogging. (Alternate faster-than-normal with slower-than-normal pace.)

NEGATIVE SPLIT

Run the second half faster than the first. (Hint: start a little slower than normal!)

PYRAMID

Start slowly, build steadily to a faster-than-normal pace, then taper down again.

ACTIVE REST

Participate in an alternative form of light exercise, such as brisk walking, swimming, cycling, rowing, yoga, etc. Remember, this is a "recovery" day.

DAY SEQUENCE

Feel free switch days around to accommodate your other life.