

MOJO Running

Half Marathon Training Program

SPRING

2017

Beginner 3 day

| Week # | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total | Sat Date |
|--------|-----------------|---------|---------|-----------|----------|--------|---------------|--------|-----------------|
| 1 | | Rest/XT | 3-5M | XT | 4M | | 3-5M | 10-14M | Jan 6th |
| 2 | | Rest/XT | 3-5M | XT | 4M | | 4-6M | 11-15M | Jan 13th |
| 3 | | Rest/XT | 4-5M | XT | 4M | | 4-6M | 12-15M | Jan 27th |
| | | Rest/XT | 3-4M | XT | 4M | | 5M | | |
| 4 | | Rest/XT | 4-5M | XT | 5M | | 5-7M | 14-17M | Feb 3rd |
| 5 | | Rest/XT | Speed | XT | 5M | | 6-8M | 15-17M | Feb 10th |
| 6 | | Rest/XT | 4-7M | XT | 5M | | 7-9M | 16-21M | Feb 17th |
| 7 | | Rest/XT | 4-7M | XT | 6M | | 7-9M | 17-22M | Feb 24th |
| 8 | | Rest/XT | 4-7M | XT | 6M | | 8-10M | 18-23M | Mar 3rd |
| 9 | | Rest/XT | Speed | XT | 4M | | 6M | 14M | Mar 10th |
| 10 | | Rest/XT | 4-7M | XT | 5M | | 6.2 SS | 9-12M | Mar 17th |
| 11 | 9.3 HMM | Rest/XT | 4-7M | XT | 5M | | 6-8M | 15-20M | Mar 24th |
| 12 | | Rest/XT | 4-7M | XT | 5M | | 9-11M | 18-23M | Mar 31st |
| 13 | | Rest/XT | Speed | XT | 4M | | 7-9M | 15-17M | Apr 7th |
| 14 | | Rest/XT | 4-6M | XT | 4M | | 10-12M | 18-22M | Apr 14th |
| 15 | | Rest/XT | 4-5M | XT | 4M | | 6-8M | 14-17M | Apr 21st |
| 16 | | Rest/XT | 3-5M | XT | 3M | | 4-5M | 10-13M | Apr 28th |
| 17 | | Rest | 3-4M | XT | 3M | | 2 EASY | 6-7M | May 5th |
| 18 | PIG HALF | | | | | | | | |

Notes:

Saturday

Feb 24th

Downtown FP Course

7-9M

Sunday

Mar 18th

Heart Mini Marathon

15K

Saturday

Apr 14th

Downtown FP Course

10-12M

MOJO Running

Half Marathon Training Program

SPRING

2017

Begin/Intermediate

| Week # | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total | Sat Date |
|--------|-------------------|---------|---------|-----------|----------------|--------|-----------------|--------|-----------------|
| 1 | 30-40min easy | Rest/XT | 3-5M | XT | 4M Free | Rest | 3-5M | 13-18M | Jan 6th |
| 2 | 30-45min recovery | Rest/XT | 3-5M | XT | 4M Free | Rest | 4-6M | 14-20M | Jan 13th |
| | 30-45min recovery | Rest/XT | 3-5M | XT | 4M Tempo | Rest | 5-7M | 15-22M | Jan 20th |
| 3 | 30-45min recovery | Rest/XT | 4-5M/SP | XT | 4M Free | Rest | 4-6M | 16-20M | Jan 27th |
| 4 | 35-50min recovery | Rest/XT | 4-5M/SP | XT | 35-50min tempo | Rest | 5-7M | 18-22M | Feb 3rd |
| 5 | 35-50min recovery | Rest/XT | Speed | XT | 5M Free | Rest | 6-8M | 19-22M | Feb 10th |
| 6 | 35-55min recovery | Rest/XT | 4-7M/SP | XT | 35-50min tempo | Rest | 7-9M | 20-27M | Feb 17th |
| 7 | 40-55min recovery | Rest/XT | 4-7M/SP | XT | 40-60min tempo | Rest | 7-9M | 21-28M | Feb 24th |
| 8 | 45-60min recovery | Rest/XT | 4-7M/SP | XT | 40-60min tempo | Rest | 8-10M | 22-29M | Mar 3rd |
| 9 | 45-60min recovery | Rest/XT | Speed | XT | 4M Free | Rest | 8-10M | 20-24M | Mar 10th |
| 10 | 30-40min recovery | Rest/XT | 4-7M/SP | XT | 35-50min tempo | Rest | 8-10M or | 18-22M | Mar 17th |
| 11 | 9.3 HMM | Rest/XT | 4-7M/SP | XT | 35-50min tempo | Rest | 8-10M | 26-31M | Mar 24th |
| 12 | 30-50min recovery | Rest/XT | 4-7M/SP | XT | 5M Free | Rest | 6-8M | 19-25M | Mar 31st |
| 13 | 45-60min recovery | Rest/XT | Speed | XT | 4M Free | Rest | 9-12M | 23-26M | Apr 7th |
| 14 | 30-50min recovery | Rest/XT | 4-6M/SP | XT | 4M Free | Rest | 12M | 23-27M | Apr 14th |
| 15 | 40-60min recovery | Rest/XT | 4-5M/SP | XT | 30-45min tempo | Rest | 6-8M | 18-23M | Apr 21st |
| 16 | 45-60min recovery | Rest/XT | 3-5M/SP | XT | 3M Easy | Rest | 4-5M | 14-19M | Apr 28th |
| 17 | 30-50min recovery | Rest | 3-4M | Rest | 3M Easy | Rest | 2 EASY | 9-12M | May 5th |
| 18 | PIG HALF | | | | | | | | |

Notes:

Saturday

Feb 24th

Downtown FP Course

7-9M

Sunday

Mar 18th

Heart Mini Marathon

15K

Saturday

Apr 14th

Downtown FP Course

10-12M

Easy: light pace that can be run while conversing

recovery run: low intensity effort of a short to moderate duration

Free run: a run without technology; run to a moer to a moderately hard feeling

tempo run: a run 5-15 seconds below goal pace

MOJO Running

Half Marathon Training Program

SPRING

2018

ADVANCED

| Week # | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total | Sat Date |
|--------|-------------------|-------------------|---------|-----------|-----------------|--------|----------------|--------|-----------------|
| 1 | 30-40min easy | NewYearRun | 3-5M/SP | XT | 4M Free or Pace | Rest | 3-5M | 13-18M | Jan 6th |
| 2 | 30-45min recovery | XT | 3-5M/SP | XT | 4M Free or Pace | Rest | 4-6M | 14-20M | Jan 13th |
| 3 | 30-45min recovery | XT | 3-5M/SP | XT | 4M Tempo | Rest | 4-6M | 14-20M | Jan 20th |
| 4 | 30-45min recovery | XT | 4-5M/SP | XT | 4M Free or Pace | Rest | 4-6M | 16-20M | Jan 27th |
| 5 | 35-50min recovery | XT | 4-5M/SP | XT | 5M Tempo | Rest | 5-7M | 19-23M | Feb 3rd |
| 6 | 35-50min recovery | XT | Speed | XT | 5M Free or Pace | Rest | 6-8M | 21-24M | Feb 10th |
| 7 | 35-55min recovery | XT | 4-7M/SP | XT | 5M Tempo | Rest | 7-9M | 20-27M | Feb 17th |
| 8 | 40-55min recovery | XT | 4-7M/SP | XT | 6M Pace | Rest | 7-9M | 21-28M | Feb 24th |
| 9 | 45-60min recovery | XT | 4-7M/SP | XT | 6M Tempo | Rest | 8-10M | 22-29M | Mar 3rd |
| 10 | 45-60min recovery | XT | Speed | XT | 4M Free | Rest | 6.2M | 19-21M | Mar 10th |
| 11 | 50-70min recovery | XT | 4-7M/SP | XT | 5M Pace | Rest | 5-7M or | 19-26M | Mar 17th |
| 12 | 9.3 HMM | XT | 4-7M/SP | XT | 5M Pace | Rest | 8-10M | 26-31M | Mar 24th |
| 13 | 50-70min recovery | XT | 4-7M/SP | XT | 6M Tempo | Rest | 6-8M | 20-27M | Mar 31st |
| 14 | 50-70min recovery | XT | Speed | XT | 4M Pace | Rest | 9-12M | 23-28M | Apr 7th |
| 15 | 45-60min recovery | XT | 4-6M/SP | XT | 5M Tempo | Rest | 12M | 25-29M | Apr 14th |
| 16 | 40-60min recovery | XT | 4-5M/SP | XT | 4M Pace | Rest | 6-8M | 18-23M | Apr 21st |
| 17 | 45-60min recovery | XT | 3-5M/SP | XT | 3M Easy | Rest | 4-5M | 14-18M | Apr 28th |
| 18 | 30-50min recovery | XT | 3-4M | Rest | 3M Easy | Rest | 2 EASY | 9-12M | May 5th |
| 19 | PIG HALF | | | | | | | | |

Notes:

B

Saturday
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Feb 24th
Mar 18th
Apr 14th

Downtown FP Course
Heart Mini Marathon
Downtown FP Course

7-9M
15K
12M

Easy: light pace that can be run while conversing
recovery run: low intensity effort of a short to moderate duration

Free run: a run without technology; run to a moderate to a moderately hard feeling

tempo run: a run 5-15 seconds below goal pace pace: run at goal pacing