



HALF MARATHON TRAINING SET A NEW PR

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	WORKOUT	RUN	WORKOUT	RUN	WORKOUT	DAY OFF	WORKOUT
25 miles	45 mins Kick off with weight training! NTC Get Lean Beginner Hurricane.	3 miles It's your first run of training. Go crush 3 miles to kick it off right.	45 mins Maintain fitness throughout! NTC Get Strong Beginner Pump Station	3 miles Back to running. Take on this 3 miler and Get back into it.	45 mins Shape up! NTC Get Toned Beginner Shape + Sculpt.	Rest Rest day. You know how essential it will be in the long haul.	15 mins Bonus workout: 15 min. of Carmelita Jeter's High Intensity Power Workout.
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TOTAL MILEAGE	WORKOUT	RUN	WORKOUT	RUN	WORKOUT	DAY OFF	WORKOUT
37 miles	45 mins Time to work it out. NTC Get Lean Beginner Crunch + Burn.	4 miles Tackle a Tuesday with a 4 mile run. Nice and easy.	15 mins Get your blood pumping with the Shelly Ann Fraser Pryce.	5 miles With this program, it's important to build your base. Take on 5 Miles then stretch.	45 mins It's getting tight in here! NTC Get Toned Beginner Tighten Up.	Rest Rest up. You'll need the energy to power through your training.	45 mins Show the world your magnum! NTC Get Strong Beginner Magnum
2							
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	RUN	DAY OFF	DAY OFF
39 miles	2 miles Greet the beginning of the week with an easy 2 miler.	45 mins It's all you! NTC Get Toned Beginner Energizer.	5 miles Back to running. Ease into it today, just 5 miles.	45 mins Get ready for a surge! NTC Get Lean Beginner Cardio Surge.	4 miles Take on 4 miles knowing you've got 2 days of rest coming up.	Rest And rest it out. Don't be shy about stretching or staying active though.	Rest Another day of rest. You'll appreciate these soon enough.
3							
TOTAL MILEAGE	RUN	RUN	RUN	WORKOUT	RUN	LONG RUN	DAY OFF
42 miles	3 miles Get ready to get back at it. Kick off your week with 3 miles.	4 miles If you liked yesterday, it's more of the same. Take on 4 miles.	5 miles Up the ante with one more day at 5 miles.	30 mins Jump start your mid-week! NTC Get Lean Beginner Jump Start.	4 miles Back to running. 4 miles. Remember...keep those eyes on the prize.	6 miles You're 6 miles away from a well-deserved rest day.	Rest Rest up and get ready to be back at it tomorrow.
4							
TOTAL MILEAGE	RUN	RUN	RUN	WORKOUT	RUN	LONG RUN	DAY OFF
43 miles	5 miles 5 miles today. Start the week off strong.	6 miles Now's the time to knock 6 miles out of the park.	7 miles Run 7 miles today. Remember, stay hydrated.	45 mins Pump it up! NTC Get Strong Beginner Pump Station.	4 miles You made it past mid-week, now make it past these next 4 miles.	9 miles It's gonna be a little longer than before, but you're ready. 9 miles. Go get it!	Rest Enjoy your Rest. You definitely earned it!
5							

HALF MARATHON TRAINING SET A NEW PR

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	WORKOUT	RUN	RUN	WORKOUT	LONG RUN	DAY OFF
31 miles 6	7 miles It should start to feel easier already. 7 miles to run today!	60 mins Give me 2 today! NTC Advance Get Strong Power Up and NTC Sydney Leroux Workout.	7 miles Today's training calls for another 7 miler. Do it up.	Short Intervals Hills Start with a 1.5 mile warm up, then do 8 x 30 seconds at a 5K effort, up hill. On the downhill do an easy jog recovery. Complete the Workout with a 1.5 mile cool down.	15 mins NTC Gabby Douglas Perfect Alignment Workout 15 min.	10 miles Run 10 miles today. If you're feeling tired, split it into two equal runs.	Rest You've been running a lot. Take a rest day.
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	DAY OFF	LONG RUN	RUN
46 miles 7	8 miles Tempo time. Do a 1.5 mile warm up, then 3 miles at Marathon pace. Take a 3 minute recovery jog before kicking it up to Half Marathon pace for 2 miles. Finish with a 1.5 mile cool down	45 mins Fit beyond your wildest dreams! NTC Get Toned Beginner Dream Team.	7 miles Hit 7 miles with your best shot.	3 miles The hills are alive. Start with a 1.5 mile warm up, then 5 x 1 minute sprints uphill, jogging downhill. Finish with a 1.5 mile cool down.	Rest Rest up and give your legs a well-deserved break.	11 miles Take on more miles than you have all training. Unleash on an 11 mile long run.	10k Race or 6 miles Get your brain into competition mode. Find a 10k to compete in or run 6 miles at your marathon pace.
TOTAL MILEAGE	TRACK	WORKOUT	WORKOUT	RUN	RUN	LONG RUN	DAY OFF
44 miles 8	Long Intervals Speed it up! Start with a 1.5 mile warm up, then crush the following distances: 1 mile, 1200m, 800m, 400m. Start at a 10K pace and work down to a 5K pace with 400m recovery jogs in between. Finish with a 1.5 mile cool down.	30 mins Score! NTC Get Strong Intermediate Perfect Score.	15 mins The perfect workout! NTC Gabby Douglas Perfect Alignment Workout.	9 miles Start with a 1.5 mile warm up, then run 6 miles, alternating between 1 mile at Half Marathon pace and 1 mile steady. Finish off the run with a 1.5 mile cool down.	6 miles Say hello to the weekend with a 6 miler.	12 miles Conquer some major miles and earn tomorrow's rest day. 12 miles. GO!	Rest Rest up after yesterday's long run.
TOTAL MILEAGE	RUN	TRACK	RUN	WORKOUT	RUN	LONG RUN	DAY OFF
34 miles 9	4 miles Get after 4 miles today.	Short Intervals Need the speed. Run a 1.5 mile warm up, then 3 sets of 4 x 300 at a 5K pace. Take a 1 minute rest in between reps, and 4 minutes between sets. Finish on a 1.5 mile cool down.	6 miles It's beautiful out today! Go take 6 miles to task.	45 mins Show 'em how you sting! NTC Get Toned Intermediate Stinger.	3 miles Keep yourself loose for tomorrow's competitive run by logging 3 miles today.	Half Marathon Race Rejuvenate your competitive juices. Compete in a local 5k or 10k, or gut out a 6 mile run at race pace.	Rest Nice pace yesterday! Take a rest day and relax.
TOTAL MILEAGE	RUN	WORKOUT	RUN	RUN	RUN	DAY OFF	RUN
31 miles 10	6 miles You're going to crush 6 miles today.	30 mins Sculpted and strong! NTC Focused Sculpted Arms and Shaped Back.	8 miles Run a 1.5 mile warm up, then do 4 miles at half marathon pace, a 3 minute recovery jog, and finish strong with 1 mile at a 10K pace. Cool down with an easy 1.5 miles.	7 miles It's a 7 mile kind of day. Get going.	8 miles Start with an easy 1.5 mile warm up, then do 5 x 1200m at a 10K pace with 400m jog recovery between each rep. Complete the workout with a 1.5 mile cool down.	Rest Your body needs this rest day. It earned it.	13 miles Time to go long. Visualize your form while you're crushing all 13 miles today.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	TRACK	RUN	WORKOUT	RUN	RUN	DAY OFF
51 miles	5 miles	Short Intervals	65 miles	45 mins	Hills	10k or 6 miles	Rest
11	Reward yesterday's run with an easy 5 miler.	Start with a 1.5 mile warm up, then 2 sets of 600m, 400m, 300m, 200m with 400m recovery jogs between reps. Start at a 5K pace and work down to a mile. Finish on a 1.5 mile cool down.	Run 5 miles easy today.	Sculpted and strong! NTC Get Toned Beginner Shape and Sculpt.	To the hills! 2 mile warm up, 12 up-hill 100m sprints with jog down recovery. Finish with a 1 mile cool down.	Challenge yourself with competition. Take on a local 10k or run 6 miles at race pace.	Your legs have been working overtime. Give 'em a rest.
TOTAL MILEAGE	RUN	WORKOUT	RUN	RUN	WORKOUT	LONG RUN	DAY OFF
43 miles	6 miles	30 mins	5 miles	9 miles	15 mins	18 miles	Rest
12	Push yourself on a 6 miler today.	Perfect! NTC Get Focused Better Butt and Gabby Douglas Perfect Alignment Workout.	It's time to taper. Slow it down with a 5 mile run today.	Take up the tempo: Warm up with 1.5 miles, then 4 miles at half marathon pace followed with a 3 minute recovery jog. Run 2 miles at half marathon pace, and finish the Workout with a 1.5 mile cool down.	Perfect! Yoga / NTC Gabby Douglas Perfect Alignment Workout.	14 miles: your longest run yet. Stay focused on unleashing all this strength you've found in training. Prove you made it, by sharing your Nike+ Run with Instagram and Twitter.	Reward all that hard work with some much deserved rest.
TOTAL MILEAGE	RUN	WORKOUT	RUN	DAY OFF	RUN	RUN	LONG RUN
43 miles	9 miles	30 mins	6 miles	Rest	3 miles	8 miles	7 miles
13	Same tempo, different day. Warm up with 1.5 miles, then 4 miles at half marathon pace, followed by a 3 minute recovery jog. Run 2 miles at half marathon pace, and finish the workout with a 1.5 mile cool down.	Take the challenge! NTC Get Toned Intermediate Circuit Challenge	Cruise at a comfortable pace during this 6 mile run.	Your legs have been working overtime. Give 'em a rest.	Up the speed! Take a 1.5 mile warm up, then run 5, 4, 3, 2, 1 minutes, with 90-second recovery jogs between sets. Start at a 10K pace and finish with a 5K pace. Enjoy a 1.5 mile cool down.	Push your pace during this 8 mile run.	Get back outside and run 7 more easy miles.
TOTAL MILEAGE	RUN	RUN	RUN	RUN	WORKOUT	LONG RUN	RUN
37 miles	Training	6 miles	11 miles	3 miles	15 mins	10 miles	5 miles
14	Start the week with a race day.	You know the drill! Easy 6 miles at your usual pace.	Tempo: Do a 1.5 mile warm up. Then run 8 miles, alternating 1 mile at Half Marathon pace and 1 mile at a steady distance pace. Finish with a 1.5 mile cool down.	Same speed, new day! Take a 1.5 mile warm up, then run 5, 4, 3, 2, 1 minutes, with 90-second recovery jogs between sets. Start at a 10K pace and work down to 5K pace. Run a 1.5 mile cool down.	Say farewell to Gabby! Yoga / NTC Gabby Douglas Perfect Alignment Workout.	Your last long run before race day. Savor these 10 miles.	It's light on mileage, but a great chance to stay loose. 5 miles.
TOTAL MILEAGE	RUN	DAY OFF	TRACK	DAY OFF	DAY OFF	WORKOUT	RACE DAY
51 miles	5 miles	Rest	6 miles	Rest	Rest	2 miles	Marathon
15	Do it again, and enjoy it. You're almost at race day.	Rest up. You've gotta stay fresh for your final week of training.	Closing speed! Take a 1.5 mile warm up, then run 2 x 1 mile at Half Marathon pace with a 3 minute recovery jogs. Run 4 x 200m, Getting faster each time. Recover with 200m jogs between reps. Run a 1.5 mile cool down.	It's only the middle of the week, give your body some rest before the big day.	Final rest day. Relax and eat healthy. It's all gonna matter in just a few days.	Tomorrow is race day. Clear your mind on a 2 mile shake out run.	Your training is behind you. The race course is ahead of you.