

# University of Miami Running Club

## Half Marathon Training Program 2012-2013

Week of	Sat	Sun	Mon	Tue	Wed	Thu	Fri
9/22	2	REST	20 min CT	Run 2	REST	Run 2	30- 45min LC
9/29	3	REST	20 min CT	Run 2	REST	Run 2	30- 45min LC
10/6	4	REST	20 min CT	Run 3	REST	Run 3	30- 45min LC
10/13	4	REST	20 min CT	Run 4	REST	Run 4	30- 45min LC
10/20	3	REST	30 min CT	Run 4	REST	Run 4	30- 45min LC
10/27	5	REST	30 min CT	Run 4	REST	Run 4	30- 45min LC
11/3	5	REST	30 min CT	Run 4	REST	Run 4	30- 45min LC
11/10	6	REST	30 min CT	Run 5	REST	Run 4	30- 45min LC
11/17	7	REST	30 min CT	Run 5	REST	Run 4	30- 45min LC
11/24	5	REST	40 min CT	Run 5	REST	Run 5	30- 45min LC
12/1	8	REST	40 min CT	Run 5	REST	Run 5	30- 45min LC
12/8	8	REST	50min CT	Run 5	REST	Run 5	30- 45min LC
12/15	9	REST	50 min CT	Run 5	REST	Run 5	30- 45min LC
12/22	5	REST	Run 6	REST (Christmas)	Run 6	Rest	30- 45min LC
12/29	10	REST	Run 3	REST (New Years)	Run 3	Rest	30- 45min LC
1/5	11	REST	60 min CT	Run 6	REST	Run 6	30- 45min LC
1/12	8	REST	30 min CT	Run 6	REST	Run 6	30- 45min LC
1/19	5	REST	60 min CT	Run 3	REST	Run 3	30- 45min LC
1/26	REST	JAN 27: Race Day-26.2!!!					

CT= Cardiovascular training OTHER than running. This includes cycling, stepmill, stairmaster etc. This should be performed at an intensity that creates a mild increase in breathing rate. You should be able to speak about 2 sentences before slightly losing your breath.

LC= Light cardiovascular exercise other than running which barely increases your breathing rate. On a difficulty scale of 1-10, this session should be about a 6.