Columbus Half Marathon Training Schedule 2018

Date	Type	Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total	Interval
			Easy/Off	Off/Cross	**Tempo**	Cross/Easy	Easy	Off	LSD		
July 29 - Aug 4		1	3	X	3	X	3	0	5	14	4 x 1/2
Aug 5 - Aug 11		2	3	X	3	X	3	0	6	15	4 x 1/2
Aug 12 - Aug 18		3	3	X	3	X	3	0	7	16	5 x 1/2
Aug 19 - Aug 25	Fall Back	4	2	X	3	X	3	0	5	13	5 x 1/2
Aug 26 - Sept 1		5	3	X	3	X	4	0	8	18	5 x 1/2
Sept 2 - Sept 8		6	3	X	3	X	4	0	9	19	6 x 1/2
Sept 9 - Sept 15		7	3	X	3	X	4	0	10	20	6 x 1/2
Sept 16 - Sept 22	Fall Back	8	2	X	3	X	3	0	8	16	6 x 1/2
Sept 23- Sept 29		9	3	X	3	X	4	0	10	20	6 x 1/2
Sept 30 - Oct 6		10	3	X	3	X	3	0	11	20	6 x 1/2
Oct 7 - Oct 13		11	3	X	2	X	2	0	6	13	6 x 1
Oct 14 - Oct 20		12	3	X	2	X	2	1	0	8	
October 21	Race Day		13.1	X	0	2	3	0	5	23.1	

Easy = Comfortable pace 2 to 5 miles at 30 to 60 seconds slower than race pace

LSD = Long Slow Day - pace 1 to 2 minutes per mile slower than race pace

Tempo = faster days - pace 30 seconds to 60 seconds faster than race pace **(INTERMEDIATE TO ADVANCED WALKER)**

Intervals = short fast days = 1 to 2 minutes faster than race pace **(ADVANCED WALKER)**

Interval Example - "4 x 1/2" is four intervals of 1/2-mile length each. Do a 2 minute rest period between intervals

Fall Back - cut back mileage by about 25 to 33% every 4 weeks