



Half Marathon

Training Schedule Beginner

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
16	1-2 mi easy	Rest / XT	1-2 mi easy	Rest / XT	Rest / XT	2 mi long	Rest	4-6 mi
15	1-2 mi easy	Rest / XT	2 mi easy	Rest / XT	Rest / XT	2 mi long	Rest	5-6 mi
14	2 mi easy	Rest / XT	2 mi easy	Rest / XT	Rest / XT	3 mi long	Rest	7 mi
13	2 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	3 mi long	Rest	8 mi
12	2 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	4 mi long	Rest	9 mi
11	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	4 mi long	Rest	10 mi
10	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	5 mi long	Rest	11 mi
9	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	13 mi
8	3 mi easy	Rest / XT	5 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	16 mi
7	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	15 mi
6	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	17 mi
5	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	17 mi
4	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	19 mi
3	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	12 mi long	Rest	21 mi
2	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
Race Week	3 mi easy	Rest / XT	2 mi tempo	Rest / XT	2 mi	Rest	13.1 mi race	18.1 mi

A 16-week training schedule designed to prepare you for the Erlanger Chattanooga Half Marathon. **Prior to the week 16 weeks out** you should build up your running to the point where you feel comfortable running a 2 mile long run. You should also be comfortable running a total of three days a week. During the training program be sure to take of at least one day a week from exercising. You can cross train for 30-40 minutes two to three days a week, if you like. Key to schedule:

Easy: run at an easy pace **Tempo:** run at race temp pace **Rest / XT:** rest or cross train **Long:** run at a pace at least one-two minutes per mile slower than your intended race pace.



Half Marathon

Training Schedule Experienced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
16	4 mi easy	Rest / XT	4 mi tempo	3 x 400	Rest / XT	8 mi long	Rest	18.75 mi
15	4 mi easy	Rest / XT	4 mi tempo	3 x 800	Rest / XT	8 mi long	Rest	19.5 mi
14	4 mi easy	Rest / XT	4 mi tempo	2 x 1600	Rest / XT	8 mi long	Rest	20 mi
13	5 mi easy	Rest / XT	5 mi tempo	3 x 400	Rest / XT	6 mi long	Rest	18.75 mi
12	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
11	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
10	5 mi easy	Rest / XT	6 mi tempo	4 x 400	Rest / XT	10 mil long	Rest	24 mi
9	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest	25 mi
8	5 mi easy	Rest / XT	6 mi tempo	3 x 1600	Rest / XT	10 mil long	Rest	24 mi
7	5 mi easy	Rest / XT	6 mi tempo	6 x 400	Rest / XT	10 mil long	Rest	25.5 mi
6	5 mi easy	Rest / XT	6 mi tempo	3 x 1600	Rest / XT	8 mi long	Rest	26 mi
5	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest	23 mi
4	5 mi easy	Rest / XT	5 mi tempo	6 x 400	Rest / XT	12 mil long	Rest	27.5 mi
3	5 mi easy	Rest / XT	3 mi tempo	4 x 1600	Rest / XT	8 mi long	Rest	25 mi
2	5 mi easy	Rest / XT	3 mi tempo	3 x 800	Rest / XT	8 mi long	Rest	21.5 mi
Race Week	5 mi easy	Rest / XT	2 mi tempo	Rest / XT	2 mi tempo	Rest	13.1 mi race	21.1 mi

A 16-week training schedule designed to prepare you for the Erlanger Chattanooga Half Marathon. **Prior to 16 weeks out** you should build up your running to the point where you feel comfortable running an 8 mile long run. You should also be comfortable running a total of four days a week. During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two days a week, if you like. Key to schedule:

Easy: run at an easy pace

Tempo: run at race tempo pace

Rest / XT: rest or cross train

Long: run at a pace at least one-two minutes per mile slower than your intended race pace.

Thursday: speed work run at 5k pace, warm up and cool down 1 mile each, take jogging break equal to 1/2 a set, between sets.



Marathon Training Schedule

Beginner & Intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
16	6 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	26 mi / 29 mi
15	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	12 miles	Rest	27 mi / 30 mi
14	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	14 miles	Rest	28 mi / 31 mi
13	6 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	27 mi / 29 mi
12	5 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	16 miles	Rest	32 mi / 34 mi
11	5 miles	Rest / XT	7 mi / 8 mi	4 miles	Rest / XT	18 miles	Rest	34 mi / 35 mi
10	4 miles	Rest / XT	6 mi / 8 mi	4 miles	Rest / XT	20 miles	Rest	34 mi / 36 mi
9	6 miles	Rest / XT	6 mi / 10 mi	6 miles	Rest / XT	10 miles	Rest	28 mi / 32 mi
8	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	Rest	32 mi / 35 mi
7	5 miles	Rest / XT	8 mi / 10 mi	4 miles	Rest / XT	20 miles	Rest	37 mi / 39 mi
6	6 miles	Rest / XT	7 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	28 mi / 19 mi
5	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	Rest	32 mi / 35 mi
4	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	20 miles	Rest	35 mi / 38 mi
3	4 miles	Rest / XT	8 mi / 10 mi	5 miles	Rest / XT	12 miles	Rest	29 mi / 31 mi
2	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	8 miles	Rest	22 mi / 25 mi
Race Week	3 miles	Rest / XT	5 mi / 6 mi	3 miles	Rest / XT	1 mile	26.2 miles	37 mi / 38 mi

A 16-week training schedule designed to prepare you for the Erlanger Chattanooga Marathon. **Prior to 16 weeks out** you should build up your running to the point where you feel comfortable running a 10 mile long run. You should also be comfortable running a total of four days a week.

Suggested Beginner Approach

Monday – run at an easy pace

Wednesday – run at race tempo pace (shorter mileage)

Thursday – run at an easy pace, can add speed work after week 9

Saturday – run at a pace at least one-two minutes per mile slower than your intended race pace

Suggested Intermediate Approach

Monday – run at an easy pace

Wednesday – run at race tempo pace (longer mileage)

Thursday – speed work

Saturday – run at a pace at least one-two minutes per mile slower than your intended race pace