

# HALF MARATHON TRAINING LOG

GOAL RACE: \_\_\_\_\_ TARGET TIME: \_\_\_\_\_

|   |      |          |        |          |        |                 |         |
|---|------|----------|--------|----------|--------|-----------------|---------|
| 1 | Rest | 3m Run   | 2m Run | 3m Run   | Rest   | 4m Long         | Stretch |
| 2 | Rest | 3m Run   | 3m Run | 3m Run   | Rest   | 5m Long         | Stretch |
| 3 | Rest | 3.5m Run | 3m Run | 3.5m Run | Rest   | 6m Long         | Stretch |
| 4 | Rest | 4m Run   | 3m Run | 4m Run   | Rest   | 7m Long         | Stretch |
| 5 | Rest | 4m Run   | 3m Run | 4m Run   | Rest   | 8m Long         | Stretch |
| 6 | Rest | 4.5m Run | 4m Run | 4.5m Run | Rest   | 9m Long         | Stretch |
| 7 | Rest | 5m Run   | 4m Run | 5m Run   | Rest   | 10m Long        | Stretch |
| 8 | Rest | 3m Run   | 2m Run | Rest     | 2m Run | <b>RACE DAY</b> | Recover |

## TRAINING NOTES & MILESTONES