

2012 ATM Adapted Jeff Galloway Intermediate Half Marathon Training

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	23-Jul	off	30 min run	off	30 min run	easy walk	off	5miles
2	30-Jul	off	35min run/MM	off	35 min run	easy walk	off	6miles
3	6-Aug	off	35 min run	off	35 min run	easy walk	off	7miles
4	13-Aug	off	45min run/MM	off	40 min run	easy walk	off	4x800
5	20-Aug	off	45 min run	off	40 min run	easy walk	off	8miles
6	27-Aug	off	45min run/MM	off	45min run	easy walk	off	6x800
7	3-Sep	off	45 min run	off	45 min run	easy walk	off	9miles
8	10-Sep	off	45min run/MM	off	45 min run	easy walk	off	8x800
9	17-Sep	off	45 min run	off	45 min run	easy walk	off	10miles
10	24-Sep	off	45 min run	off	45 min run	easy walk	off	10x800
11	1-Oct	off	45 min run	off	45 min run	easy walk	off	12miles
12	8-Oct	off	45 min run	off	45 min run	easy walk	off	easy 5miles/MM
13	15-Oct	off	45 min run	off	45 min run	easy walk	off	Army 10 miler

Adapted from http://www.jeffgalloway.com/training/half_marathon.html (schedule for "time goal runners")

Visit website for details on MM=magic mile

It is wise to consult your doctor before starting a new exercise program.

