



## 2023 Mileage Master Half Marathon Training Schedule



Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Jun 12	Off	3	3	4	3	5	3	21
Jun 19	Off	4	3	4	3	6	3	23
Jun 26	Off	4 Speed 2.5	3	4	3	7 GP 4	3	24
Jul 3	Off	5	4	5	3	6	3	26
Jul 10	Off	6 Speed 3	3	4	3	8	3	27
Jul 17	Off	7	3	6	5	6 GP 3	3	30
Jul 24	Off	7 speed 3	5	4	5	7	5	33
Jul 31	Off	7	3	5	6	8 GP 4	6	35
Aug 7	5	7 Speed 2.5	3	6	Off	9	3	33
Aug 14	Off	6	3	8	7	8	4	36
Aug 21	6	6 Speed 3	3	6	Off	10 GP 5	3	34
Aug 28	Off	7 Speed 2.5	5	6	5	6	3	32
Sep 4	6	7	5	8	Off	10	3	40
Sep 11	Off	6 speed 4	3	6	5	12 GP 6	3	35
Sep 18	6	7	5	8	Off	10	4	40
Sep 25	Off	6	3	6	5	12 GP 6	3	35
Oct 2	4	5	3	3	Off	6	3	24
Oct 9	3	3	3	off	3	13.1	Rest	12 + Race

This is for veteran runners with a weekly base of 25 plus miles per week. This program peaks at 40 miles per week. This requires a larger time commitment and a solid base to start. To be successful with this program strength training and track workouts are essential.

GP = Number of Miles to be ran at Goal Pace

Speed = number of miles of interval (800m or 1000 m or hill repeats) of the daily mileage