



Sweet Tea Half Marathon Training

12 weeks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CROSS TRAIN	30 MIN EASY RUN	HILL REPEATS	50 MIN EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	5 MILE EASY RUN
WEEK 2	CROSS TRAIN	3 MILE EASY RUN	HILL REPEATS	4 MILE EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	6 MILE EASY RUN
WEEK 3	CROSS TRAIN	30 MIN EASY RUN	HILL REPEATS	3 MILE EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	60 MIN EASY RUN
WEEK 4	CROSS TRAIN	4 MILE EASY RUN	HILL REPEATS	45 MIN EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	6 MILE EASY RUN
WEEK 5	CROSS TRAIN	4 MILE EASY RUN	HILL REPEATS	50 MIN EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	75 MIN EASY RUN
WEEK 6	CROSS TRAIN	5 MILE EASY RUN	HILL REPEATS	45 MIN EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	7 MILE EASY RUN
WEEK 7	CROSS TRAIN	3 MILE EASY RUN	HILL REPEATS	30 MIN EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	90 MIN EASY RUN
WEEK 8	CROSS TRAIN	60 MIN EASY RUN	HILL REPEATS	5 MILE EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	8 MILE EASY RUN
WEEK 9	CROSS TRAIN	6 MILE EASY RUN	HILL REPEATS	45 MIN EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	90 MIN EASY RUN
WEEK 10	CROSS TRAIN	6 MILE EASY RUN	HILL REPEATS	60 MIN EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	10 MILE EASY RUN
WEEK 11	CROSS TRAIN	30 MIN EASY RUN	HILL REPEATS	3 MILE EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	6 MILE EASY RUN
WEEK 12	CROSS TRAIN	3 MILE EASY RUN	40 MIN EASY RUN	3 MILE EASY RUN	CROSS TRAIN OR 30 MIN EASY RUN	REST	13.1 RACE DAY!