

## Aramco Houston Half Marathon

Weeks to Go	Week ends Saturday	Speed Workout	Tempo Workout	Long Run
18	Sep 18			5
17	Sep 25	4 miles with Fartleks	Easy 4 mile run	5
16	Oct 02	4 miles with Fartleks	Easy 4 mile run	5
15	Oct 09	5 miles with Fartleks	Easy 5 mile run	6
14	Oct 16	8*200m with 200m RI	Easy 4 mile run	6
13	Oct 23	10*200m with 200m RI	Easy 4 mile run	6
12	Oct 30	12*200m with 200m RI	Easy 4 mile run	6
11	Nov 06	Easy 5 mile run	Easy 5 mile run	7
10	Nov 13	¼ Mile Intervals: 8 x 400	base-tempo: 1 + 1 + 1	7
9	Nov 20	¼ Mile Intervals: 10 x 400	goal-tempo: 1 + 1 + 1	8
8	Nov 27	¼ Mile Intervals: 12 x 400	stretch-tempo: 1 + 1 + 1	9
7	Dec 04	Easy 6 mile run	Easy 6 mile run	10
6	Dec 11	½ Mile Intervals: 6 x 800	base-tempo: 1.5 + 1.5 + 1.5	6
5	Dec 18	½ Mile Intervals: 8 x 800	goal-tempo: 1.5 + 1.5 + 1.5	8
4	Dec 25	½ Mile Intervals: 10 x 800	stretch-tempo: 1.5 + 1.5 + 1.5	10
3	Jan 01	Easy 6 mile run	Easy 6 mile run	12
2	Jan 08	¾ Mile Intervals: 4 x 1200	base-tempo: 2 + 2	8
1	Jan 08	¾ Mile Intervals: 5 x 1200	goal-tempo: 2 + 2	6
0	Jan 15	Easy 4 mile run	Easy 3 mile run	HALF MARATHON

\* all speed and tempo workouts should include at least a 1-mile warm-up and cool-down jog at conversational pace and 200m/1 minute rest between each interval.

Conversational	Interval/Speed		Tempo Training			Race Projections					
	>800m	<=800m	Base	Goal	Stretch	Marathon		½ Marathon		10K	
<b>11:45</b>	09:15	09:00	10:15	10:00	09:45	11:30	05:01	10:15	02:14	09:45	01:00
<b>11:30</b>	09:00	08:45	10:00	09:45	09:30	11:15	04:55	10:00	02:11	09:30	00:59
<b>11:15</b>	08:45	08:30	09:45	09:30	09:15	11:00	04:48	09:45	02:08	09:15	00:57
<b>11:00</b>	08:30	08:15	09:30	09:15	09:00	10:45	04:42	09:30	02:04	09:00	00:56
<b>10:45</b>	08:15	08:00	09:15	09:00	08:45	10:30	04:35	09:15	02:01	08:45	00:54
<b>10:30</b>	08:00	07:45	09:00	08:45	08:30	10:15	04:29	09:00	01:58	08:30	00:53
<b>10:15</b>	07:45	07:30	08:45	08:30	08:15	10:00	04:22	08:45	01:55	08:15	00:51
<b>10:00</b>	07:30	07:15	08:30	08:15	08:00	09:45	04:15	08:30	01:51	08:00	00:50
<b>09:45</b>	07:15	07:00	08:15	08:00	07:45	09:30	04:09	08:15	01:48	07:45	00:48
<b>09:30</b>	07:00	06:45	08:00	07:45	07:30	09:15	04:02	08:00	01:45	07:30	00:46