

Aramco Half

Weeks To Go	Week Ending Saturday	Speed Workout	Tempo Workout	Long Run
18	10-Sep			5
17	17-Sep	4 miles with Fartleks	Easy 4 mile run	5
16	24-Sep	4 miles with Fartleks	Easy 4 mile run	5
15	1-Oct	5 miles with Fartleks	Easy 5 mile run	6
14	8-Oct	8*200m with 200m RI	Easy 4 mile run	6
13	15-Oct	10*200m with 200m RI	Easy 4 mile run	6
12	22-Oct	12*200m with 200m RI	Easy 4 mile run	6
11	29-Oct	Easy 5 mile run	Easy 5 mile run	7
10	5-Nov	1/4 mile intervals: 8 x 400	base-tempo: 1 + 1 + 1	7
9	12-Nov	1/4 mile intervals: 10 x 400	goal-tempo: 1 + 1 + 1	8
8	19-Nov	1/4 mile intervals: 12 x 400	stretch-tempo: 1 + 1 + 1	9
7	26-Nov	Easy 6 mile run	Easy 6 mile run	10
6	3-Dec	1/2 mile intervals: 6 x 800	base-tempo: 1.5 + 1.5 + 1.5	6
5	10-Dec	1/2 mile intervals: 8 x 800	goal-tempo: 1.5 + 1.5 + 1.5 stretch-tempo: 1.5 + 1.5 +	8
4	17-Dec	1/2 mile intervals: 10 x 800	1.5	10
3	24-Dec	Easy 6 mile run	Easy 6 mile run	12
2	31-Dec	3/4 mile intervals: 4 x 1200	base-tempo: 2 + 2	8
1	7-Jan	3/4 mile intervals: 5 x 1200	goal-tempo: 2 + 2	6
0	14-Jan	Easy 4 mile run	Easy 3 mile run	HALF MARATHON

All Speed and Tempo workouts should include at least a 1 mile slow jog warm-up and cool-down at conversation pace and 200m / 1 minute rest between intervals.