

Schedule for 5K-10K Racers Moving Up to the Half Marathon

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 30 minutes	Easy 45 minutes	45 minute "tempo" Should be hard, but not all-out.	Easy 30-45 minutes	6 miles easy
2	Off or easy cross-train	4-5 x 800 meters @ 10K race pace w/ 2:00 rests.	Easy 30 minutes	Easy 45 minutes	45-60 minute acceleration, start easy, build to a fast finish.	Easy 30-45 minutes	7 miles easy
3	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 30 minutes	Easy 45 minutes	45 minute "tempo" Should be hard, but not all-out.	Easy 30-45 minutes	9 miles easy
4	Off or easy cross-train	45 minute "tempo" Should be hard, but not all-out.	Easy 30 minutes	Easy 45 minutes	3 x 1 mile @ ½ marathon race pace w/ 3:00 rests.	Easy 30-45 minutes	6 miles "not so easy"
5	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 30 minutes	Easy 45 minutes	45-60 minute acceleration, start easy, build to a fast finish.	Easy 30-45 minutes	11 miles easy
6	Off or easy cross-train	6 x 800 meters @ 10K race pace w/ 2:00 rests.	Easy 45 minutes	Easy 45 minutes	3 x 1 mile @ ½ marathon race pace w/ 3:00 rests.	Easy 30-45 minutes	8 miles "not so easy" or 10K race
7	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 45 minutes	Easy 45 minutes	45 minute "tempo" Should be hard, but not all-out.	Easy 30-45 minutes	13 miles easy
8	Off or easy cross-train	45 minutes "not so easy"	Easy 45 minutes	Easy 45 minutes	3 x 1 mile @ ½ marathon race pace w/ 3:00 rests.	Easy 30-45 minutes	8 miles "not so easy" or 10K race
9	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 45 minutes	Easy 45 minutes	45 minute "tempo" Should be hard, but not all-out.	Easy 30-45 minutes	15 miles easy
10	Off or easy cross-train	45 minutes "not so easy"	Easy 45 minutes	Easy 45 minutes	3 x 1 mile @ ½ marathon race pace w/ 3:00 rests.	Easy 30-45 minutes	10 miles acceleration.
11	Off or easy cross-train	Warm-up, then 8 x 400 meters @ 5K race pace w/ 2:00 rests	Easy 45 minutes	Easy 45 minutes	6 x 800 meters @ 10K race pace w/ 2:00 rests.	Easy 30-45 minutes	8 miles. Start easy, last 3 miles at race pace.
12	Off	Easy 30 minutes	Easy 30 minutes	30 minutes acceleration down to ½ mar. pace	Off	Easy 20 minutes	½ Marathon

- This schedule should be used by walkers who are currently racing 5K and 10K races who want to move up to the half marathon.
- A standard high school track is 400 meters around in lane 1. Two laps = 800 meters. Four laps = 1600 meters. (1 mile = 1609.3 meters.)