








# RUNNING MADE EASY

HALF MARATHON PROGRAM  
18-WEEK TRAINING



## WELCOME TO YOUR HALF MARATHON PROGRAM

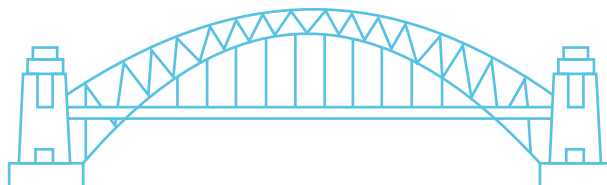
Use the following legend to navigate through your training.  
Run at any level of the Run 180 App.

-  Accelerator
-  Rest Day
-  Session duration: 20/40/60 mins.
-  High intensity week
-  Low intensity week
-  Race Week
-  Race Day

# HALF MARATHON PROGRAM


WEEKS 1 - 6

WEEK	M	T	W	T	F	S	S
1	20			20			20
2	20			A			20
3	20			A			40
4	20			20+ A			40
5	20			A			R
6	20			R			5K



# HALF MARATHON PROGRAM

WEEKS 7 - 12

WEEK	M	T	W	T	F	S	S
7	20			A			20
8	20			A			40
9	20			20			40
10	20			40+ A			60
11	20			A			20
12	20			R			

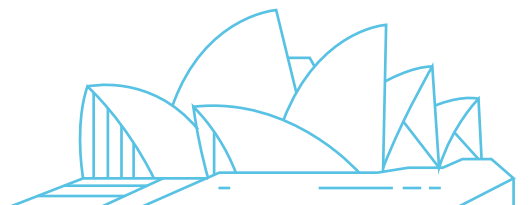
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# HALF MARATHON PROGRAM

WEEKS 13 - 18

WEEK	M	T	W	T	F	S	S
13	20			20+ <b>A</b>			60
14	40			20+ <b>A</b>			80
15	20			40			100
16	40			40+ <b>A</b>			120
17	20			20			40
18	20			<b>R</b>			



**WELL DONE  
JUST AWESOME**