



**HOSPITAL HILL RUN
HALF MARATHON
INTERMEDIATE RUN TRAINING PROGRAM**

<u>Week</u>	<u>Monday</u> (Easy)	<u>Tuesday</u> Cross Trair	<u>Wednesday</u> (Tempo)	<u>Thursday</u> (Easy)	<u>Friday</u> (Cross Train)	<u>Saturday</u> (Long)	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	3 Miles	30 - 40 Minutes	3 Miles	3 Miles	30 - 40 Minutes	4 Miles	Rest	March 6, 2011
2	3 Miles	30 - 40 Minutes	3 Miles	3 Miles	30 - 40 Minutes	5 Miles	Rest	March 13, 2011
3	3 Miles	30 - 40 Minutes	3 Miles	3 Miles	30 - 40 Minutes	6 Miles	Rest	March 20, 2011
4	4 Miles	30 - 40 Minutes	4 Miles	3 Miles	30 - 40 Minutes	4 Miles	Rest	March 27, 2011
5	4 Miles	30 - 40 Minutes	4 Miles	3 Miles	30 - 40 Minutes	7 Miles	Rest	April 2, 2011
6	4 Miles	30 - 40	4 Miles	3 Miles	30 - 40	8 Miles	Rest	April 10, 2011

		Minutes			Minutes			
7	4 Miles	30 - 40 Minutes	5 Miles	3 Miles	45 - 50 Minutes	6 Miles	Rest	April 17, 2011
8	5 Miles	30 - 40 Minutes	5 Miles	3 Miles	45 - 50 Minutes	9 Miles	Rest	April 24, 2011
9	5 Miles	30 - 40 Minutes	6 Miles	3 Miles	45 - 50 Minutes	10 Miles	Rest	May 1, 2011
10	5 Miles	35 - 45 Minutes	7 Miles	3 Miles	45 - 50 Minutes	8 Miles	Rest	May 8, 2011
11	5 Miles	35 - 45 Minutes	6 Miles	3 Miles	45 - 50 Minutes	11 Miles	Rest	May 15, 2011
12	4 Miles	35 - 45 Minutes	6 Miles	3 Miles	45 - 50 Minutes	8 Miles	Rest	May 22, 2011
13	3 Miles	35 - 45 Minutes	5 Miles	3 Miles	45 - 50 Minutes	6 Miles	Rest	May 29, 2011
14	3 Miles	30 Minutes	3 Miles	3 Miles	Rest	13.1 Miles RACE DAY!	Rest	June 5, 2011