



**HOSPITAL HILL RUN  
HALF MARATHON  
RUN - WALK TRAINING PROGRAM**

<u>Week</u>	<u>Monday</u> (Easy)	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u> (Easy)	<u>Thursday</u> (Cross Train)	<u>Friday</u>	<u>Saturday</u> (Long)	<u>Sunday</u>	<u>Week Ending</u> (Sunday)
1	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	Rest	4 Miles  (A) 3/2 (B) 4/2	Rest	March 6, 2011
2	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	Rest	5 Miles  (A) 3/2 (B) 4/2	Rest	March 13, 2011
3	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	Rest	6 Miles  (A) 3/2 (B) 4/2	Rest	March 20, 2011
4	30-36 Minutes (3 Miles)	30 - 40 Minutes	30-36 Minutes (3 Miles)	30 - 40 Minutes	Rest	4 Miles	Rest	March 27, 2011

	(A) 3/2 (B) 4/2		(A) 3/2 (B) 4/2		(A) 3/2 (B) 4/2			
5	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	Rest	7 Miles	Rest	April 3, 2011
6	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	Rest	8 Miles	Rest	April 10, 2011
7	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	6 Miles	Rest	April 17, 2011
8	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	9 Miles	Rest	April 24, 2011
9	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	10 Miles	Rest	May 1, 2011
10	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	35 - 45 Minutes	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	8 Miles	Rest	May 8, 2011
11	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	35 - 45 Minutes	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	11 Miles	Rest	May 15, 2011

12	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	35 - 45 Minutes	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	8 Miles  (A) 3/2 (B) 4/2	Rest	May 22, 2011
13	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	35 - 45 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	6 Miles  (A) 3/2 (B) 4/2	Rest	May 29, 2011
14	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	Rest	13.1 Miles <b>RACE DAY!</b> Run/Walk (A) 3/2 (B) 4/2	Rest	June 5, 2011