3M Half Marathon

October 2019
Monthly Training Plan by Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 **Start** 20mins easy	28 30mins 6x (3mins run / 2mins walk)	29 20mins easy	30 30mins easy 5x (4mins run / 2mins walk)	31 OFF		

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November 2019
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 20mins	2 track - 40mins (walk the curves, run the straights)
3 30mins easy	4 40mins easy 8x (4mins run / 1min walk)	5 30mins easy	6 OFF	7 30mins hilly run	8 30mins easy	9 track - 50mins (walk the curves, run the straights)
10 40mins	11 OFF	12 30mins easy	13 40mins hilly run	14 20min walk	15 30mins easy	16 track - 60mins (walk the curves, run the straights)
17 50mins	18 OFF	19 30mins walk	20 hill repeats 40mins include 5x (1min up / 3min walk down)	21 20min walk	22 40mins easy	23 track - 40mins (jog the curves, run the straights)
23 60mins	25 OFF	26 30mins easy	27 hill repeats 40mins include 5x (2min up / 3min walk down)	28 30mins walk	29 40mins easy	30 track - 50mins (jog the curves, run the straights)

3M HalfMarathon

December 2019
Monthly Training Plan By Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 70mins	2 OFF	3 40mins easy	4 hill repeats 50mins include 6x (2min up / 2min jog down)	5 30mins walk	6 40mins easy	7 track - 60mins (walk the curves, run the straights)
8 80mins	9 OFF	10 40mins easy	11 hill repeats 60mins include 10x (2min up / 2min jog down)	12 30mins walk	13 40mins easy	14 track - 60mins (8x400m at goal pace - 1min rest in between)
15 90mins	16 OFF	17 40mins easy	18 70min hilly run	19 OFF	20 30mins easy	21 track - 60mins (8x800m at goal pace - 1min rest in between)
22 100mins	23 OFF	24 40mins easy	25 80min hilly run	26 OFF	27 30mins easy	28 track - 60mins (8x1200m at goal pace - 1min rest in between)
29 110mins	30 OFF	31 30mins easy				

3M Half Marathon

January 2020
Monthly Training Plan By Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 90min hilly run	2 OFF	3 30mins easy	4 track - 60mins (8x1600m at goal pace - 1min rest in between)
5 120mins	6 OFF	7 30mins with 6x 30sec pickups	8 60mins easy	9 20mins easy	10 40mins easy	11 track - 60mins (8x400m at goal pace - 1min rest in between)
12 OFF	13 40mins with 6x 30sec pickups	14 30mins easy	15 30mins with 5x 3mins at goal race pace - 2mins rest in between	16 20mins easy	17 OFF	18 20mins easy with 6x 15sec pickups
19 **3M Half Marathon presented by Under Armour**						