



2018 Suffolk County Half Marathon Intermediate Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Off	3 Miles	3 Miles or Cross Train	3 Miles	4 Miles at Goal HM Pace	Off	6 Miles
2	Off	3 Miles	4 Miles	3 Miles	4 Miles at Goal HM Pace	Cross Train	4 Miles
3	Off	3 Miles	1 Mile Warm Up 6x400 @ 5k Pace 1 Mile Cool Down	3 Miles	5 Miles	Off	8 Miles
4	Off	4 Miles	3 Miles	4 Miles	5 Miles at Goal HM Pace	Cross Train	6 Miles
5	Cross Train or Off	4 Miles	1 Mile Warm Up 4x800 @ 5k Pace 1 Mile Cool Down	4 Miles	5 Miles	Off	10 Miles
6	Off	4 Miles	4 Miles	4 Miles	5 Miles at Goal HM Pace	Cross Train	8 Miles
7	Cross Train or Off	5 Miles	1 Mile Warm Up 8x400 @ 5k Pace 1 Mile Cool Down	5 Miles	6 Miles	Off	12 Miles
8	Off	5 Miles	5 Miles	5 Miles	6 Miles at Goal HM Pace	Cross Train	10 Miles
9	Cross Train or Off	5 Miles	1 Mile Warm Up 6x800 @ 10k Pace 1 Mile Cool Down	5 Miles	6 Miles	Off	14 Miles
10	Off	4 Miles	5 Miles	4 Miles	7 Miles at Goal HM Pace	Cross Train	12 Miles
11	Off	4 Miles	2 Mile Warm Up 10x400 @ 5k Pace 1 Mile Cool Down	4 Miles	6 Miles	Cross Train	8 Miles
12	Cross Train or Off	4 Miles	5 Miles at Goal HM Pace	Cross Train	Off	Easy 30 Minute Run	Suffolk County Half Marathon
	Off	Off	20 Minute Run	Off	Off	20 Minute Run	Off

Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.

For more information-www.sayvillerrunning.com/pages/training

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