



# 2018 ATHHALF TRAINING PROGRAM PRESENTED BY FLEET FEET SPORTS ATHENS



# August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 1 mi warm up 6 x 1:00 hard/easy 1 mi cool down	2 OFF	3 3 MILES	4 4 MILE GROUP RUN	5 OFF
6 3 MILES	7 OFF	8 1.5 mi warm up 6 x :30 hill repeats 1.5 mi cool down	9 OFF	10 3 MILES	11 5 MILE GROUP RUN	12 OFF
13 3 MILES	14 OFF	15 1 mi warm up 2 mi tempo 1 mi cool down	16 OFF	17 3 MILES	18 6 MILE GROUP RUN	19 OFF
20 3 MILES	21 OFF	22 2 mi warm up 8 x :45 hill repeats 1 mi cool down	23 OFF	24 3 MILES	25 8 MILE GROUP RUN	26 OFF
27 4 MILES	28 OFF	29 1 mi warm up 6 x 800m w/ 2:00 rest 1 mi cool down	30 OFF	31 3 MILES		



# September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 <b>9 MILE GROUP RUN</b>	2 OFF
3 4 MILES	4 OFF	5 1 mi warm up 3 mile tempo 1 mi cool down	6 OFF	7 4 MILES	8 <b>6 MILE GROUP RUN</b>	9 OFF
10 5 MILES	11 OFF	12 1 mi warm up 8 x 2:00 hard/1:00 easy 1 mi cool down	13 OFF	14 4 MILES	15 <b>10 MILE GROUP RUN</b>	16 OFF
17 5 MILES	18 OFF	19 1 mi warm up 8 x 1:00 hill repeats 1 mi cool down	20 OFF	21 4 MILES	22 <b>6 MILE GROUP RUN (race pace simulation)</b>	23 OFF
24 5 MILES	25 OFF	26 1 mi warm up 4 x mile w/ 2:00 rest 1 mi cool down	27 OFF	28 4 MILES	29 <b>11 MILE GROUP RUN</b>	30 OFF



# October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 OFF
1 5 MILES	2 OFF	3 1 mi warm up 4 mi tempo 1 mi cool down	4 OFF	5 3 MILES	6 12 MILE GROUP RUN	7
8 3 MILES	9 OFF	10 1 mi warm up 8 x 3:00 hard/1:00 easy 1 mi cool down	11 OFF	12 3 MILES	13 6 MILE GROUP RUN	14
15 3 MILES	16 OFF	17 1.5 mi warm up 4 x 400 w/ 1:00 rest 1.5 mi cool down	18 OFF	19 OFF	20 2 MILES	21 