



2019 Suffolk County Half Marathon Advanced Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 Miles	4 Miles	3 Miles	Cross Train or Off	5 Miles at Goal HM Pace	Off	8 Miles
2	3 Miles	1 Mile Warm Up 10x400 @ 5k Pace 1 Mile Cool Down	3 Miles	Cross Train or Off	5 Miles at Goal HM Pace	Off	6 Miles
3	3 Miles	1 Mile Warm Up 6x800 @ 5k Pace 1 Mile Cool Down	3 Miles	Cross Train or Off	6 Miles at Goal HM Pace	Off	10 Miles
4	4 Miles	1 Mile Warm Up 3x1 Mile @ 10K Pace 1 Mile Cool Down	3 Miles	Cross Train or Off	6 Miles	Off	1 Mile Warm Up 6 Miles at HM Pace 1 Mile Cool Down
5	4 Miles	5 Miles	4 Miles	Cross Train or Off	6 Miles at Goal HM Pace	Off	12 Miles
6	4 Miles	2 Mile Warm Up 12x400 @ 5k Pace 1 Mile Cool Down	4 Miles	Cross Train or Off	7 Miles	Off	2 Mile Warm Up 7 Miles @ HM Pace 1 Mile Cool Down
7	5 Miles	2 Mile Warm Up 8x800 @ 10k Pace 1 Mile Cool Down	4 Miles	Cross Train or Off	7 Miles at Goal HM Pace	Off	14 Miles
8	5 Miles	7 Miles	5 Miles	Cross Train or Off	7 Miles	Off	2 Mile Warm Up 8 Miles at HM Pace 2 Mile Cool Down
9	5 Miles	2 Mile Warm Up 4x1 Mile @ 10k Pace 2 Mile Cool Down	5 Miles	Cross Train or Off	8 Miles at Goal HM Pace	Off	16 Miles
10	4 Miles	2 Mile Warm Up 12x400 @ 10k Pace 1 Mile Cool Down	5 Miles	Cross Train or Off	8 Miles	Off	3 Mile Warm Up 8 Miles at HM Pace 3 Mile Cool Down
11	4 Miles	6 Miles	4 Miles	Cross Train or Off	6 Miles at Goal HM Pace	Off	10 Miles
12	4 Miles	Cross Train or Off	2 Mile Warm Up 4x1 Mile @ HM Pace 1 Mile Cool Down	4 Miles	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.sayvillerunning.com/pages/training

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