



2019 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

Contact - Mike.Petrina@SayvilleRunning.com