2008 COLUMBUS HALF- MARATHON - ADVANCED PROGRAM

FLEET FEET Sports

MILES THAT MATTER
TRAIN SMART • MAKE A DIFFERENCE

WEEK	MON	TUE	WED	THU	FRI	<- SAT / SUN ->	
20 (June 2)	X-Train	4 Miles	X-Train	4 Miles	Rest Day	7 Miles	Rest Day
19 (June 9)	X-Train	4 Miles	X-Train	4 Miles	Rest Day	7 Miles	Rest Day
18 (June 16)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	8 MilesHMP +20 sec	Rest Day
17 (June 23)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	9 MilesHMP +20 sec	Rest Day
16 (June30)	X-Train	7 Miles Speed	X-Train	6 Miles Tempo	Rest Day	10 Miles Easy	Rest Day
15 (July 7)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	9 MilesHMP +20 sec	Rest Day
14 (July14)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	9 MilesHMP +20 sec	Rest Day
13 (July 21)	X-Train	7 Miles Speed	X-Train	6 Miles Tempo	Rest Day	11 MilesHMP +30 sec	Rest Day
12 (July 28)	X-Train	7 Miles Speed	X-Train	7 Miles Tempo	Rest Day	10 MilesHMP +20 sec	Rest Day
11 (August 4)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	12 MilesHMP +30 sec	Rest Day
10 (Aug. 11)	X-Train	7 Miles Speed	X-Train	7 Miles Tempo	Rest Day	8 MilesHMP +15 sec	Rest Day
9 (Aug. 18)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	13 MilesHMP +30 sec	Rest Day
8 (Aug. 25)	X-Train	7 Miles Speed	X-Train	6 Miles Tempo	Rest Day	10 MilesHMP +20 sec	Rest Day
7 (Sept.1)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	14 MilesHMP +30 sec	Rest Day
6 (Sept.8)	X-Train	7 Miles Speed	X-Train	6 Miles Easy	Rest Day	10 MilesHMP +20 sec	Rest Day

2008 COLUMBUS HALF- MARATHON - ADVANCED PROGRAM

FLEET FEET Sports

MILES THAT MATTER
TRAIN SMART • MAKE A DIFFERENCE

WEEK	MON	TUE	WED	THU	FRI	<- SAT / SUN ->	
5 (Sept.15)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	15 MilesHMP +30 sec	Rest Day
4 (Sept.22)	X-Train	7 Miles Speed	X-Train	7 Miles Tempo	Rest Day	10 MilesHMP +20 sec	Rest Day
3 (Sept. 29)	X-Train	7 Miles Speed	X-Train	5 Miles Tempo	Rest Day	12 MilesHMP +20 sec	Rest Day
2 (Oct. 6)	X-Train	4 Miles	X-Train	4 Miles	Rest Day	6 Miles	Rest Day
1 (Oct.13)	X-Train	4 Miles	3 Miles	Rest Day	Rest Day	2 Miles	13.1 Will Be Fun!
Time For A Little Break	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day