

## Half Marathon Training Plan 13.1 Miles

Week #	Mon.	Tues.	Wed.	Thur.	Fri.	Sat. Route#/ mileage	Sun.
1		3 miles		3-4 miles		4.28 miles	
2		3x1 mile run rest 3 minutes		3 miles		5.03 miles	
3		4 miles		3 miles		7.31 miles	
4		4x800m rest 3 min between		4 miles		5.0 miles	
5		6x 400m rest 3 minutes		3 miles		6.11 miles	
6		4 miles		4x 800m rest 4 minutes		9.41 miles	
7		3 miles		4-5 miles		7.27 miles	
8		2x2 miles rest 8 minutes		4 miles		8.11 miles	
9		4 miles		3 miles		10.18 miles	
10		6x 400m rest 3 minutes		4 miles		5 miles	
11		6x 800 m rest 3 minutes		4 miles		11.51 miles	
12		3 miles		4 miles		7.31 miles	
13		4 miles		4 miles		12.2 miles	
14		6x 800 m rest 3 minutes		4 miles		9.41 miles	
15		4 miles		2-3 miles		Race Day 13.1	

## Notes

Mid week runs can be the intervals provided (FYI 800m = .5 miles 400=.25 miles) or they can be 3-4 mile runs at you convenience. They do not have to be on Tuesday and Thursday, they can be any time in the week that you can fit them in. I will be making some posts about having some organized hill runs for those that want to work on that. I encourage this who wish to improve their speed and food strength to do the intervals. Try not to run more than 4x a week.

Modifications to the routes and distances are possible just please let me know before and major decision are made. Routes are spaced out incase you would like to cut them out and bring them with you on the run.

### 4.28 mi Route

1. Left on Franz Starting from Crossfit Lacey
2. Right on Lacey BLVD
3. Right on Ruddel
4. TO MULLEN \_ TURN AROUND!!
5. Head Back on Ruddel
6. Right on Lacey Blvd
7. Left on Franz end at crossfit Lacey

### 5.03 mi Route

1. Left on Franz From Crossfit Lacey
2. Right on Lacey Blvd
3. Right on Ruddel
4. Left on Mullen
5. Right on College
6. Pass Lacey BLVD
7. Right on Pacific - on to Trail
8. Right on Franz End at Crossfit Lacey

### 6.11 mi Route

1. Left onto Franz st. from Crossfit Lacey
2. Left onto Lacey Blvd.
3. stay straight through traffic circle (pacific/lacey Blvd converge)
4. Left on Stilacom caution small shoulder
5. Right on 510, (mushroom corner, the RAC) (marvin RD)
6. Right onto Pacific Ave
7. Stay on pacific and go through the traffic circle, onto the WOODLAND TRAIL
8. Left on Franz, End at Crossfit Lacey

#### 5 mi Route

1. Right on Franz st.
2. LEFT on Pacific
3. Left on Ruddel
4. Left on Lacey Blvd.
5. Run past Franz st.
6. Straight through Traffic circle
7. Right on Carpenter
8. Turn around at Long Lake Park
9. (head back the way you came )
10. Left on Pacific
11. straight through traffic circle get on to Pacific (onto Trail)
12. Left on Franz st. End at Crossfit Lacey

#### 7.27 mi Route

1. Left on Franz st. From Crossfit Lacey
2. Left onto Lacey Blvd
3. Straight through traffic circle
4. Right on Carpenter
5. Pass Long Lake
6. Right on Mullen
7. Pass Timberline HS
8. Right on Ruddel
9. Right Lacey BLVD
10. Left Franz st. End at Crossfit Lacey

#### 7.31 mi Route

1. Right on Franz from Crossfit Lacey
2. Left on Pacific - get onto trail
3. Stay on Trail Through Traffic circle (cross walks to the left around the circle
4. Take a right on the Chehalis western trail/woodard bay trail (staying on the trail) You will cross over top of Pacific on the Bridge (its a small traffic circle on the trail)
5. You will cross over I5 on the Trail and Martin way
6. Take right on 26th ave NE
7. Right on Sleater Kinnery RD. NE
8. Right on Martin way,
9. Take a right / Ramp to get back onto the trail heading the opposite direction when we left
10. Cross Over I5
11. Cross Over Pacific
12. Left on Woodland Trail
13. Back to Traffic circle and get back on Trail Next to Pacific heading Back toward Franz
14. Right Franz st. End at Crossfit Lacey

#### 8.11 mi Route

1. Take a right on Franz starting at Crossfit Lacey
2. Right onto the trail (next to Pacific)
3. Right onto clear brook (on dirt, no need to cross street)
4. Right onto lacey Blvd coming back towards the gym
5. Left on Ruddel
6. Right on Mullen
7. Cross Over College
8. Stay on mullen/37th/herman
9. Right on Wiggins
10. Right on Hoffman
11. Right at traffic circle on to 18th
12. Stay on 18th through 2nd Traffic circle
13. go up the hill on elizabeth street which turns into 14th Ave Se (Chambers lake trail head Park will be on your right)
14. Left on college
15. Right on Lacey Blvd
16. GO past the gym,
17. Left on clear brook
18. Left onto trail heading back to the gym
19. Left onto Franz
20. End at Crossfit Lacey

#### 9.41 mi Route

1. Left on Franz starting at Crossfit Lacey
2. Left onto Lacey Blvd
3. Stay straight through the Traffic circle
4. Right onto Carpenter Rd
5. Right onto Mullen Pass Timberline High School
6. Cross over Ruddel Rd.
7. Left on College St. Left on 45th st at traffic circle
8. Left on Ruddel
9. Right on Lacey Blvd
10. Left on Franz st. End at Crossfit Lacey

#### 10.18 mi Route

1. Right on Franz street Starting at crossfit Lacey
2. Left on Pacific (on trail)
3. Stay on Woodland trail
4. Left Fones Rd (trail crossing)
5. Right on 18th ave Traffic circle
6. Straight through traffic circle stay on 18th
7. Right on Boulevard (stay to right on shoulder then Side walk shows up after incline)
8. Left on Pacific
9. Vier to left to get onto 4th. ave. - If you stay on the left side walk (left of Ralph's , You will end up on 4th Heading down town, this is correct)
10. Down the hill
11. Left on East Side St. SE Cross free way
12. UP the hill (this is on the half marathon and marathon course for capital city)
13. East side st. Turns into 22nd Ave. SE
14. Left on Boulevard
15. Right on 18th Ave (we were ont his running a different direction before)
16. STraight through Both Trafic circles , 18th turns into 14th ave
17. pass Chambers lake trail Head on the right.
18. Left on Sleater Kinney
19. Right on woodland trail, (back the way we came)
20. Right on Franz st. End at crossfit lacey
21. or From The woodland trail , Stay to the right onto Lacey BLVD
22. Left on Franz end at the Gym \*\*\*\*You can stay on Lacey Blvd to the right or take the trail back to the gym either ones works they are about the same distance.

#### 11.51 mi Route

1. Left Franz street starting at crossfit lacey
2. Left Lacey Blvd Straight through traffic circle (merges with Pacific)
3. Left on Carpenter
4. Cross over marvin rd
5. Cross over I5
6. Right on Britton Pkwy
7. straight through traffic circle
8. Straight through second traffic circle onto Willamette Drive
9. Stay straight through 6 lane intersection
10. Top Rung on your right
11. Pass 31st
12. Turns into Hogum Bay Rd.
13. Left Hawks Prairie Road
14. Left on Marvin Rd.
15. Right at traffic circle onto Britton Pkwy.
16. Left on Carpenter
17. Pass Over I5
18. Pass over martin way
19. Right on Pacific
20. Get onto Woodland Trail
21. Left on Franz street End at crossfit Lacey

12.21 mi Route

1. Left Franz street starting at Lacey Blvd
2. Left on Lacey BLVD
3. Right on Carpenter
4. Go Past long Lake Park
5. Left on Mullen
6. Left on Marvin Rd.
7. Left on Steilacom (Regional Athletic complex is on your right) Small shoulder be careful here
8. Right on Pacific
9. go past carpenter intersection
10. stay on Pacific through traffic circle (YOUR ON THE TRAIL)
11. Past Franz
12. Left on College
13. Left on Lacey Blvd
14. Left of Franz st. End at Crossfit Lacey