DCR Half marathon Schedule 5 to 6 days a week

Sess/week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5-6 days	Cross training or REST	**DCR Skills**	Recovery run	**Short tempo or DCR intervals**	REST	Tempo run	**DCR LR**	
Week	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**total**
1	Cross training	**DCR Skills** **5km total** **Go easy**	3km	**5km total, 70% effort interval**	REST	Parkrun 3km warm up, 2km TEMPO	**6km**	24km
2	Cross training	**DCR Skills** **5k total** **Go easy**	3km	**5km total, 70% effort interval**	REST	Parkrun 2.5km warm up, 2.5km TEMPO	**7km**	25km
3	Cross training	**DCR Skills** **5km total**	4km	**5km total, 70% effort interval**	REST	Parkrun 2km warm up, 3km TEMPO	**8km**	27Km
4	Cross training	**DCR Skills** **5km total**	3km	**5km total, 70% effort interval**	REST	5km	**9km**	27km
5	Cross training	**DCR Skills** **5km total**	3km	**5km total, 70% effort interval**	REST	Parkrun 2.5km warm up, 2.5km TEMPO	**6km**	24Km
6	Cross training	**DCR Skills** **5km total**	4km	**5km total, 70% effort interval**	REST	5km	**12km**	31Km
7 step in point	Cross training	**DCR Skills** **6km total**	5km	**6km total, 70% effort interval**	REST	5km	**14km**	36Km
8	Cross training	**DCR Skills** **6km total**	9km	**7km total, 70% effort interval**	REST	6km	**16km**	44Km
9	Cross training	**DCR Skills** **6km total**	6km	**7km total, 70% effort interval**	REST	5km	**10km**	34km
10	Cross training	**DCR Skills** **6km total**	10km	**10km total, 70% effort interval**	REST	7km	**18km**	51km
11	Cross training	**DCR Skills** **6km total**	5km	**10km total, 70% effort interval**	REST	10km	**12km**	43Km
12 taper	Cross training	**DCR Skills** **12km total**	8km	**15km total, 70% effort interval**	5km easy	REST	Half Mara	