

HALF MARATHON BEGINNER TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	REST	3 MILE RUN	2 MILE RUN OR CROSS*	3 MILE RUN	REST	30 MIN CROSS*	4 MILE RUN
2	REST	3 MILE RUN	2 MILE RUN OR CROSS*	3 MILE RUN	REST	30 MIN CROSS*	4 MILE RUN
3	REST	3.5 MILE RUN	2 MILE RUN OR CROSS*	3.5 MILE RUN	REST	40 MIN CROSS*	5 MILE RUN
4	REST	3.5 MILE RUN	2 MILE RUN OR CROSS*	3.5 MILE RUN	REST	40 MIN CROSS*	5 MILE RUN
5	REST	4 MILE RUN	2 MILE RUN OR CROSS*	4 MILE RUN	REST	40 MIN CROSS*	6 MILE RUN
6	REST	4 MILE RUN	2 MILE RUN OR CROSS*	4 MILE RUN	REST OR EASY RUN	REST	5 KM RACE

*CROSS-TRAINING IDENTIFIED AS "CROSS" - AEROBIC EXERCISES WORK BEST. THIS COULD BE SWIMMING, CYCLING, WALKING OR EVEN SOME COMBINATION THAT COULD INCLUDE STRENGTH TRAINING.

HALF MARATHON BEGINNER TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	REST	4.5 MILE RUN	3 MILE RUN OR CROSS*	4.5 MILE RUN	REST	50 MIN CROSS*	7 MILE RUN
8	REST	4.5 MILE RUN	3 MILE RUN OR CROSS*	4.5 MILE RUN	REST	50 MIN CROSS*	8 MILE RUN
9	REST	5 MILE RUN	3 MILE RUN OR CROSS*	5 MILE RUN	REST OR EASY RUN	REST	10 KM RACE
10	REST	5 MILE RUN	3 MILE RUN OR CROSS*	5 MILE RUN	REST	60 MIN CROSS*	9 MILE RUN
11	REST	5 MILE RUN	3 MILE RUN OR CROSS*	5 MILE RUN	REST	60 MIN CROSS*	10 MILE RUN
12	REST	4 MILE RUN	3 MILE RUN OR CROSS*	2 MILE RUN	REST	REST	HALF MARATHON

*CROSS-TRAINING IDENTIFIED AS "CROSS" - AEROBIC EXERCISES WORK BEST. THIS COULD BE SWIMMING, CYCLING, WALKING OR EVEN SOME COMBINATION THAT COULD INCLUDE STRENGTH TRAINING.