

BEGINNER HALF-MARATHON TRAINING PROGRAM

WEEK	MON	TUES	WED	THUR	FRIDAY	SAT	SUNDAY
1	2 miles and 20-min SS	30-min SS	30-min CT	2 miles or 30-min CT	<i>Rest</i>	2 miles	<i>Rest</i>
2	2 miles and 20-min SS	30-min SS	30-min CT	2 miles or 20-min CT		3 miles	
3	3 miles and 20-min SS	30-min SS	60-min CT	2 miles or 20-min CT		3.5 miles	
4	3 miles and 20-min SS	30-min SS	60-min CT	2 miles or 20-min CT		4 miles	
5	3 miles and 20-min SS	30-min SS	60-min CT	2 miles or 20-min CT		4.5 miles	
6	3.5 miles and 20-min SS	30-min SS	60-min CT	2 miles or 20-min CT		4.5 miles	
7	3.5 miles and 20-min SS	30-min SS	60-min CT	2.5 miles or 25-min CT		5K race (or 5 miles)	
8	4 miles and 20-min SS	30-min SS	60-min CT	2.5 miles or 25-min CT		5 miles	
9	4 miles and 20-min SS	30-min SS	60-min CT	3 miles or 30-min CT		6 miles	
10	4 miles and 20-min SS	30-min SS	60-min CT	3 miles or 30-min CT		10K race (or 7 miles)	
11	5 miles and 20-min SS	30-min SS	60-min CT	3.5 miles or 35-min CT		8 miles	
12	5 miles and 20-min SS	30-min SS	60-min CT	3.5 miles or 35-min CT		8 miles	
13	5 miles and 20-min SS	30-min SS	60-min CT	4 miles or 40-min CT		11 miles	
14	5 miles and 20-min SS	30-min SS	60-min CT	3 miles or 20-min CT		12 miles	
15	4 miles and 20-min SS	30-min SS	60-min CT	3 miles or 20-min CT		8 miles	
16	3 miles and 20-min SS	30-min SS	2 miles or 20-min CT	Rest		Race Day! 13.1 miles	

IMPORTANT NOTES:

- **SS (Strength train and stretch):** Do your own routine or take a yoga class
- **CT (Cross train):** Do cardio other than running such as biking, swimming, or a cardio class
- **Rest:** You don't have to skip out on exercise entirely. Take a walk, do some stretches or use a foam roller to massage your hardworking legs.