

HALF MARATHON TRAINING PLAN

WK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	PHASE
#	MONDAY	RUN	WALK	RUN	WALK	RUN	RUN	REST	
1		20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	35 min run 2, walk 1	Rest	BASE TRAINING
2		25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	40 min run 3, walk 1	Rest	
3		30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	45 min run 4, walk 1	Rest	
4		35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	50 min run 4, walk 1	Rest	
5		40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	60 min run 5, walk 1	Rest	
6		45 min run 5, walk 1	30 min walk	45 min run 5, walk 1	30 min walk	Rest	5K Test Run 3.1 miles	Rest	
		EASY	EASY	STRENGTH	HARD	REST	LONG	X-TRAIN	
7		3 Miles	2 Miles	Strength & Core	3 Miles	Rest	4 Miles	Cross Train	DISTANCE TRAINING
8		3 Miles	2 Miles	Strength & Core	3 Miles	Rest	5 Miles	Cross Train	
9		3.5 Miles	2 Miles	Strength & Core	3.5 Miles	Rest	5 Miles	Cross Train	
10		3.5 Miles	2 Miles	Strength & Core	3.5 Miles	Rest	6 Miles	Cross Train	
11		4 Miles	2 Miles	Strength & Core	4 Miles	Rest	7 Miles	Cross Train	
12		4 Miles	2 Miles	Strength & Core	4 Miles	Rest	6 Miles	Cross Train	
13		4.5 Miles	3 Miles	Strength & Core	4.5 Miles	Rest	8 Miles	Cross Train	
14		4.5 Miles	3 Miles	Strength & Core	4.5 Miles	Rest	9 Miles	Cross Train	
15		5 Miles	3 Miles	Strength & Core	5 Miles	Rest	10 Miles	Cross Train	THE TAPER
16		5 Miles	3 Miles	Strength & Core	3 Miles	Rest	9 Miles	Cross Train	
17		5 Miles	3 Miles	Strength & Core	5 Miles	Rest	8 Miles	Cross Train	
18		4 Miles	3 Miles	Strength & Core	2 Miles	Rest	RACE WKND		