



BEGINNER

# HALF MARATHON TRAINING PLAN

	SUNDAY	MONDAY EASY DAY	TUESDAY	WEDNESDAY WOKROUT DAY	THURSDAY	FRIDAY	SATURDAY LONG RUN DAY	WEEKLY TOTAL TOTAL MILES
WEEK 1	REST	2 MILES	CROSS TRAIN	2 MILES	CROSS TRAIN	REST	3 MILES	7 MILES
WEEK 2	REST	2 MILES	CROSS TRAIN	2.5 MILES	CROSS TRAIN	REST	3 MILES	7.5 MILES
WEEK 3	REST	3 MILES	CROSS TRAIN	3 MILES - TEMPO	CROSS TRAIN	REST	4 MILES	10 MILES
WEEK 4	REST	2 MILES	CROSS TRAIN	2 MILES - EASY	CROSS TRAIN	REST	3 MILES	7 MILES
WEEK 5	REST	4 MILES	CROSS TRAIN	4 MILES - INTERVALS	CROSS TRAIN	REST	5 MILES	13 MILES
WEEK 6	REST	4 MILES	CROSS TRAIN	4 MILES - TEMPO	CROSS TRAIN	REST	5.5 MILES	13.5 MILES
WEEK 7	REST	4.5 MILES	CROSS TRAIN	4.5 MILES - INTERVALS	CROSS TRAIN	REST	6.5 MILES	15.5 MILES
WEEK 8 <small>down week</small>	REST	3 MILES	CROSS TRAIN	3 MILES EASY	CROSS TRAIN	REST	4 MILES	10 MILES
WEEK 9	REST	5 MILES	CROSS TRAIN	5 MILES - TEMPO	CROSS TRAIN	REST	8 MILES	18 MILES
WEEK 10	REST	5 MILES	CROSS TRAIN	8 MILE TEMPO	CROSS TRAIN	REST	9 MILES	19 MILES
WEEK 11 <small>taper begins</small>	REST	4 MILES	CROSS TRAIN	2 MILES - INTERVALS	CROSS TRAIN	REST	3 MILES	9 MILES
WEEK 12 <small>taper</small>	REST	3 MILES	CROSS TRAIN	2 MILES GENTLE INTERVALS	CROSS TRAIN	REST	13.1 MILES	18.1 MILES

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### TEMPO

Run easy for 10 minutes to warm up, then gradually increase your speed for the middle part of your run and then slow it back down. You want to have 1-2 miles in the middle at your goal race pace. If you aren't sure, just push comfortably hard for 10-20 minutes. It should be a 6-7 on a scale of 1-10.

### INTERVALS

Run easy for 10 minutes to warm up. Then do 2-6 sets of 800m repeats, with 400m jog in between each. (That's half a mile of pushing with a quarter mile of jogging VERY easy.) Walk on the recovery if you need to. On the repeats, you should run faster than your goal pace. If you don't know your goal pace, aim for an 8 on a scale of 1-10. You aren't going all out but it's harder than a tempo pace. Screen reader support enabled.

### CROSS-TRAINING

This is a day to minimize impact on your body. Good options are cycling, elliptical, swimming, hiking or even a power walk.

### LONG RUN

The goal here is just time on your feet. Speed does NOT matter. Run very easy. You should be able to speak in complete sentences.

A note about strength training: If you want to do strength training, it's best to do it the same day as your workout run, after you've finished your run. That allows your cross-training and easy days to be truly easy and allow the body to recover.