

Training Plan: BEGINNER'S HALF MARATHON

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- Week 1
 - Day 1: Easy 2-3 miles
 - Day 2: Rest
 - Day 3: 2-3 mile jog or walk
 - Day 4: Rest
 - Day 5: 2-3 mile jog or walk
 - Day 6: Rest
 - Day 7: 3-4 miles steady
- Week 2
 - Day 1: Easy 2-3 miles or rest
 - Day 2: Rest
 - Day 3: 3-4 mile jog or walk
 - Day 4: Rest
 - Day 5: 2-3 mile jog or walk
 - Day 6: Rest
 - Day 7: 3-4 miles steady
- Week 3
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest
 - Day 3: 3-4 mile jog
 - Day 4: Rest
 - Day 5: 2-3 mile easy
 - Day 6: Rest

- Day 7: 3-4 miles steady
- Week 4
 - Day 1: Easy 2-3 miles or rest
 - Day 2: Rest
 - Day 3: 3-4 mile fartlek
 - Day 4: Rest
 - Day 5: 2-3 mile steady
 - Day 6: Rest
 - Day 7: 4-5 miles steady
- Week 5
 - Day 1: Easy 2-3 miles or rest
 - Day 2: Rest or 45 mins cross-train
 - Day 3: 3-4 mile fartlek
 - Day 4: Rest
 - Day 5: 3 miles steady
 - Day 6: Rest
 - Day 7: 4-5 miles steady
- Week 6
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest or 45 mins cross-train
 - Day 3: 3-4 mile fartlek
 - Day 4: Rest
 - Day 5: 3 miles steady
 - Day 6: Rest
 - Day 7: 5-6 miles steady
- Week 7
 - Day 1: Easy 3 miles or rest

- Day 2: Rest or 45 mins cross-train
- Day 3: 4 mile fartlek
- Day 4: Rest
- Day 5: 3-4 miles tempo
- Day 6: Rest
- Day 7: 6-7 miles steady
- Week 8
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest or 45 mins cross-train
 - Day 3: 3-4 mile fartlek
 - Day 4: Rest
 - Day 5: 3-4 miles tempo
 - Day 6: Rest
 - Day 7: 6-7 miles steady
- Week 9
 - Day 1: Rest
 - Day 2: Rest or 45 mins cross-train
 - Day 3: 3-4 mile fartlek
 - Day 4: Rest
 - Day 5: 3-4 miles tempo
 - Day 6: Rest
 - Day 7: 7-8 miles steady
- Week 10
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest or 60 mins cross-train
 - Day 3: 4-5 mile fartlek
 - Day 4: Rest

- Day 5: 4-5 miles tempo
- Day 6: Rest
- Day 7: 8-9 miles steady
- Week 11
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest or 60 mins cross-train
 - Day 3: 4-5 mile fartlek
 - Day 4: Rest
 - Day 5: 5 miles tempo
 - Day 6: Rest
 - Day 7: 9-10 miles steady
- Week 12
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest or 60 mins cross-train
 - Day 3: 4 × 1 mile intervals
 - Day 4: Rest
 - Day 5: 4-5 mile fartlek
 - Day 6: Rest
 - Day 7: 9-10 miles steady
- Week 13
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest or 60 mins cross-train
 - Day 3: 4 × 1 mile intervals
 - Day 4: Rest
 - Day 5: 4-5 mile fartlek
 - Day 6: Rest
 - Day 7: 10-11 miles steady

- Week 14
 - Day 1: Rest
 - Day 2: Rest or 45 mins cross-train
 - Day 3: 5 mile tempo
 - Day 4: Rest
 - Day 5: 4-5 mile fartlek
 - Day 6: Rest
 - Day 7: 11-12 miles steady
- Week 15
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest or 45 mins cross-train
 - Day 3: 4-5 mile fartlek
 - Day 4: Rest
 - Day 5: 4-5 miles tempo
 - Day 6: Rest
 - Day 7: 8-10 miles at race pace
- Week 16
 - Day 1: Easy 3 miles or rest
 - Day 2: Rest
 - Day 3: 2-3 mile tempo
 - Day 4: Rest
 - Day 5: Easy 2-3 miles
 - Day 6: Rest
 - Day 7: Race day