

20-WEEK HALF MARATHON TRAINING PLAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK	RUN/WALK	STRENGTH	RECOVERY	RUN/WALK	REST DAY	RUN/WALK	REST DAY
WEEK 1	20 min 10x: 1 min walk; 1 min run (easy effort)	Strength Training: lower body	Stretch, mobility, foam rolling	30 min 10x: 1 min walk; 2 min run (easy effort)	Rest	2 miles 1 min walk; 3 min run (easy effort) Strength Training: total body	Rest
WEEK 2	RUN/WALK	RECOVERY	RUN/WALK	RUN/WALK	REST DAY	REST DAY	RUN/WALK
	35 min 8x: 1 min walk; 3 min run (easy effort) Cooldown: 3 min walk	Stretch, mobility, foam rolling	40 min 8x: 1 min walk; 4 min run (easy effort)	2.5 miles 1 min walk; 5 min run (easy effort) Strength Training: lower body	Rest	Rest	35 min 5x: 1 min walk; 6 min run (easy effort) Strength Training: upper body/core
WEEK 3	REST DAY	RUN/WALK	RECOVERY	SPEED WORKOUT	RUN/WALK	REST DAY	RUN/WALK
	Rest	3 miles 1 min walk; 5 min run (easy effort)	Stretch, mobility, foam rolling	Warmup: 5 min jog 6x: 400m (0.25 mi) repeats (moderate effort); 2 min walk between Cooldown: 5 min jog Strength Training: total body	40 min 5x: 2 min walk; 6 min run (easy effort)	Rest	3.5 miles 1 min walk; 6 min run (easy effort)
WEEK 4	RECOVERY	SPEED WORKOUT	RUN/WALK	REST DAY	EASY RUN	REST DAY	RUN/WALK
	Stretch, mobility, foam rolling	Warmup: 5 min jog 5x: 800m (0.50 mi) repeats (moderate effort); 2 min walk between Cooldown: 5 min jog	50 min 5x: 2 min walk; 8 min run (easy effort) Strength Training: lower body	Rest	25 min Easy effort Limit walk breaks Strength training: total body	Rest	4 miles 1 min walk; 8 min run (easy effort)

HALF MARATHON



WEEKS 5-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EASY RUN	RUN/WALK	RECOVERY	SPEED WORKOUT	REST DAY	RUN/WALK	REST DAY
WEEK 5	30 min Easy effort <i>Limit walk breaks</i> Strength Training: lower body	48 min 4x: 2 min walk; 10 min run (easy effort)	Stretch, mobility, foam rolling	Warmup: 5 min jog 4x: 1200m (0.75 mi) repeats (moderate effort); 2 min walk or rest between Cooldown: 5 min jog	Rest	4 miles 2 min walk; 10 min run (easy effort)	Rest
WEEK 6	RUN/WALK	EASY RUN	RECOVERY	SPEED WORKOUT	REST DAY	RUN/WALK	EASY RUN
	45 min 3x: 2 min walk; 13 min run (easy effort)	3 miles Easy effort Strength Training: total body	Stretch, mobility, foam rolling	Warmup: 5 min jog 4x: 1-mile repeats (moderate effort); 2 min walk/rest between Cooldown: 5 min jog	Rest	5 miles 1 min walk; 10 min run (easy effort)	35 min Easy effort Strength Training: core
WEEK 7: DELOAD WEEK	REST DAY	RUN/WALK	EASY RUN	RECOVERY	RUN/WALK	REST DAY	EASY RUN
	Rest	50 min 5x: 2 min walk; 8 min run (easy effort)	3 miles Easy effort Strength Training: total body	Stretch, mobility, foam rolling	30 min 2x: 1 min walk; 14 min run (easy effort)	Rest	3 miles Easy effort Strength Training: core
WEEK 8	RECOVERY	RUN/WALK	SPEED WORKOUT	REST DAY	EASY RUN	REST DAY	RUN/WALK
	Stretch, mobility, foam rolling	44 min 2x: 2 min walk; 20 min run (easy effort)	Warmup: 5 min jog 4x: 1-mile repeats (moderate effort); 2 min rest between 10x: 15 sec strides (hard effort); 30 sec rest between Cooldown: 5 min jog Strength Training: core	Rest	40 min Easy effort Strength Training: total body	Rest	6 miles 1 min walk; 12 min run (moderate effort)

HALF MARATHON



WEEKS 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REST DAY	SPEED WORKOUT	EASY RUN	RECOVERY	RUN/WALK	REST DAY	RUN/WALK
WEEK 9	Rest	<p>Warmup: 1 mile (easy effort)</p> <p>6x: 800m (0.50 mi) repeats (moderate effort); 2 min walk between</p> <p>Cooldown: 1 mile (easy effort)</p>	<p>4 miles Easy effort</p> <p>Strength Training: total body</p>	<p>Stretch, mobility, foam rolling</p>	<p>50 min</p> <p>Warmup: 10 min jog</p> <p>3x: 1 min walk; 4 min run (moderate effort)</p> <p>5x: 1 min walk; 2 min run (hard effort)</p> <p>Cooldown: 10 min jog</p>	Rest	<p>68 min</p> <p>4x: 2 min walk; 15 min run (easy effort)</p>
WEEK 10	Stretch, mobility, foam rolling	<p>35 min Easy effort</p> <p>Strength Training: total body</p>	<p>5 miles Easy effort</p> <p>Strength Training: total body</p>	Rest	<p>Warmup: 5-10 min jog</p> <p>3x: 1-mile repeats (moderate effort); 2 min walk/rest between</p> <p>10x: 15 sec strides (hard effort)</p> <p>Cooldown: 5-10 min jog</p>	Rest	<p>6 miles</p> <p>1 min walk; 20 min run (moderate effort)</p>
WEEK 11	<p>3 miles Easy effort</p> <p>Strength Training: total body</p>	Stretch, mobility, foam rolling	<p>Warmup: 0.5 mile jog</p> <p>5x: 1200m (0.75 mile) repeats (moderate effort); 2 min walk between</p> <p>Cooldown: 0.5 mile jog</p>	<p>4 miles</p> <p>Easy run</p> <p>Strength Training: core</p>	Rest	<p>30 min Easy effort</p>	<p>7 miles</p> <p>1 min walk; 20 min run (easy to moderate effort)</p>
WEEK 12: DELOAD WEEK	Stretch, mobility, foam rolling	<p>35 min Easy effort</p> <p>Strength Training: total body</p>	Rest	<p>4 miles Easy effort</p>	Rest	<p>40 min</p> <p>20 min easy effort; 1 min rest; 20 min easy effort</p>	Rest

HALF MARATHON



WEEKS 13-16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 13	SPEED WORKOUT Warmup: 5-10 min jog 5x: 1-mile repeats (moderate effort); 2 min rest between 10x: 15 sec strides (hard effort) Cooldown: 5-10 min jog	EASY RUN 4 miles Easy effort Strength Training: total body	RECOVERY Stretch, mobility, foam rolling	EASY RUN 40 min Easy effort	REST DAY Rest	RUN/WALK 8 miles 1 min walk; 15 min run (easy to moderate effort)	EASY RUN 20 min Easy effort
WEEK 14	RECOVERY Stretch, mobility, foam rolling	RUN/WALK 6 miles 2 min walk; 12 min run (easy effort)	EASY RUN 30 min Easy effort Strength training: total body	REST DAY Rest	SPEED WORKOUT Warmup: 1 mile (easy effort) 6x: 800m (0.5 miles) repeats (moderate effort); 2 min walk between Cooldown: 1 mile (easy effort) Strength Training: core	REST DAY Rest	RUN/WALK 84 min 4x: 1 min walk; 20 min run (easy to moderate effort)
WEEK 15: DELOAD WEEK	RECOVERY Stretch, mobility, foam rolling	EASY RUN 40 min Easy effort Strength Training: total body	SPEED WORKOUT Warmup: 1 mile jog 8x: 400m (0.25 mile) repeats (moderate effort); 1 min walk/rest between Cooldown: 1 mile jog	REST DAY Rest	EASY RUN 4 miles Easy effort Strength training: core	REST DAY Rest	SPEED WORKOUT Warmup: 5 min jog 3x: 2-mile repeats (moderate effort); 2 min rest between Cooldown: 5 min jog
WEEK 16	REST DAY Rest	EASY RUN 5 miles Easy effort Strength Training: total body	RUN/WALK 50 min 2x: 15 min run (easy effort); 1 min walk 5x: 2 min run (moderate effort); 1 min walk Cooldown: 3 min jog	RECOVERY Stretch, mobility, foam rolling	EASY RUN 4 miles Easy effort Strength Training: core	REST DAY Rest	RUN/WALK 10 miles 2 min walk; 20 min run (easy effort)

HALF MARATHON



WEEKS 17-20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REST DAY	EASY RUN	RUN/WALK	RECOVERY	EASY RUN	REST DAY	EASY RUN
WEEK 17	Rest	<p>5 miles Easy effort</p> <p>Strength Training: total body</p>	<p>50 min</p> <p>Warmup: 10 min jog</p> <p>4x: 4 min run (moderate effort); 1 min walk</p> <p>5x: 2 min run (moderate effort); 1 min walk</p> <p>Cooldown: 5 min jog</p>	<p>Stretch, mobility, foam rolling</p>	<p>6 miles Easy effort</p>	Rest	<p>8 miles Easy effort As little walking as possible</p>
WEEK 18	Rest	<p>Warmup: 5-10 min jog</p> <p>3x: 1-mile repeats (moderate effort); 2 min rest between</p> <p>Cooldown: 5-10 min jog</p> <p>Strength Training: total body</p>	<p>5 miles Easy effort</p>	<p>Stretch, mobility, foam rolling</p>	<p>35 min Easy effort</p> <p>Strength Training: core</p>	Rest	<p>6 miles 2 min walk; 20 min run (easy effort)</p>
WEEK 19	Rest	<p>4 miles Easy effort</p>	<p>Stretch, mobility, foam rolling</p>	<p>30 min Easy effort</p> <p>10x: 15-sec strides (hard effort); 30 sec rest between</p>	<p>Rest</p>	<p>25 min Easy effort</p> <p>Strength Training: core</p>	<p>3 miles Easy effort</p>
WEEK 20	Rest	<p>25 min Easy effort</p>	<p>3 miles Easy effort</p>	<p>Rest</p>	<p>20 min Shakeout run</p> <p>Recovery: Stretching + foam rolling</p>	<p>Option 1: RACE DAY! (or rest)</p>	<p>Option 2: RACE DAY! (or rest)</p>