



20-WEEK HALF MARATHON TRAINING PLAN

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	EASY RUN	RUN/WALK	RECOVERY	SPEED WORKOUT	REST DAY	RUN/WALK	REST DAY
	30 min Easy effort Limit walk breaks 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)



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

WEEKS 13-16



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



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