

Half Marathon

12-WEEK RUNNING PROGRAM © darebee.com



LEVEL I

DAY 1 15 min run	DAY 2 upper body workout	DAY 3 20 min run	DAY 4 20 min recovery run	DAY 5 full body workout	DAY 6 20 min walk	DAY 7 25 min run
DAY 8 25 min run	DAY 9 upper body workout	DAY 10 20 min run	DAY 11 25 min recovery run	DAY 12 full body workout	DAY 13 20 min walk	DAY 14 35 min run
DAY 15 30 min run	DAY 16 upper body workout	DAY 17 30 min run	DAY 18 30 min recovery run	DAY 19 full body workout	DAY 20 20 min walk	DAY 21 40 min run
DAY 22 30 min run	DAY 23 upper body workout	DAY 24 30 min run	DAY 25 30 min recovery run	DAY 26 full body workout	DAY 27 20 min walk	DAY 28 45 min run

LEVEL II

DAY 29 40 min run	DAY 30 upper body workout	DAY 31 35 min run	DAY 32 30 min recovery run	DAY 33 full body workout	DAY 34 20 min walk	DAY 35 50 min run
DAY 36 40 min run	DAY 37 upper body workout	DAY 38 35 min run	DAY 39 35 min recovery run	DAY 40 full body workout	DAY 41 20 min walk	DAY 42 5K race
DAY 43 20 min run	DAY 44 upper body workout	DAY 45 40 min run	DAY 46 40 min recovery run	DAY 47 full body workout	DAY 48 20 min walk	DAY 49 1 hour 10 min run
DAY 50 40 min run	DAY 51 upper body workout	DAY 52 40 min run	DAY 53 40 min recovery run	DAY 54 full body workout	DAY 55 20 min walk	DAY 56 1 hour 20 min run

LEVEL III

DAY 57 30 min run	DAY 58 upper body workout	DAY 59 45 min run	DAY 60 40 min recovery run	DAY 61 full body workout	DAY 62 20 min walk	DAY 63 10K race
DAY 64 20 min run	DAY 65 upper body workout	DAY 66 45 min run	DAY 67 45 min recovery run	DAY 68 full body workout	DAY 69 20 min walk	DAY 70 1 hour 30 min run
DAY 71 40 min run	DAY 72 upper body workout	DAY 73 50 min run	DAY 74 40 min recovery run	DAY 75 full body workout	DAY 76 20 min walk	DAY 77 1 hour 45 min run
DAY 78 30 min run	DAY 79 upper body workout	DAY 80 50 min run	DAY 81 45 min recovery run	DAY 82 20 min walk	DAY 83 20 min walk	DAY 84 half marathon