

# BEGINNER HALF-MARATHON TRAINING PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	ST	3 miles ER	Rest	3 miles ER + ST	Rest	3 miles LR	3 miles ER
Week 2	ST	4 miles ER	Rest	3 miles ER + ST	Rest	4 miles LR	3 miles ER
Week 3	ST	4 miles ER	Rest	3 miles ER + ST	Rest	5 miles LR	3 miles ER
Week 4	ST	4 miles ER	Rest	3 miles ER + ST	Rest	6 miles LR	3 miles ER
Week 5	ST	4 miles ER	Rest	3 miles ER + ST	Rest	7 miles LR	3 miles ER
Week 6	ST	2 miles ER + 5 x 1-min HR + 1 mile ER	Rest	3 miles ER + ST	Rest	8 miles LR	3 miles ER
Week 7	ST	2 miles ER + 6 x 1-min HR + 1 mile ER	Rest	3 miles ER + ST	Rest	9 miles LR	3 miles ER
Week 8	ST	2 miles ER + 7 x 1-min HR + 1 mile ER	Rest	3 miles ER + ST	Rest	10 miles LR	3 miles ER
Week 9	ST	20 min TR	Rest	3 miles ER + ST	Rest	9 miles LR	3 miles ER
Week 10	ST	4 miles ER	Rest	3 miles GP + ST	Rest	11 miles LR	3 miles ER
Week 11	Rest	20 min TR	Rest	3 miles ER	Rest	5–6 miles LR	3 miles ER
Week 12	Rest	20 min TR	Rest	3 miles ER	Rest	20 min ER	HALF MARATHON!

## KEY

ER: Easy Run (conversational pace)

LR: Long Run (60–90 seconds per mile slower than half-marathon goal pace)

TR: Tempo Run (comfortably hard pace; perform 1-mile warm-up and 1-mile cool-down)

HR: Hill Repeats

GP: Half-Marathon Goal Pace

ST: Strength Train (focusing on lower body and core)