

14-WEEK HALF MARATHON TRAINING PLAN

women's
running



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1			5K run	Day off or 2 miles easy	2.5 miles easy	5 miles, last 3 miles a bit faster	REST
2	2.5 miles easy	1 mile easy, 5 x 1 min fast, 1 min slow, 1 mile easy	2.5 miles easy	Day off or 2 miles easy	3 miles easy	5 miles	REST
3	2.5 miles easy	1.5 miles easy, 6 x 1 min fast, 1 min slow, 1 mile easy	2.5 miles easy	Day off or 2 miles easy	3 miles easy	5.5 miles, middle 2 miles faster	REST
4	2.5 miles easy	1.5 miles easy, 8 x 1 min fast, 1 min slow, 1 mile easy	2.5 miles easy	Day off or 2 miles easy	3.5 miles easy	6 miles	REST
5	3 miles easy	1.5 miles easy, 10 x 1 min fast, 1 min slow, 1 mile easy	3 miles easy	2.5 miles easy	3.5 miles easy	6 miles, last mile faster	REST
6	2.5 miles easy	2 miles easy, 10 x 1 min fast, 1 min slow, 1.5 miles easy	Day off or 2.5 miles easy	5 miles easy	3 miles easy	7 miles	REST
7	3 miles easy	2 miles easy, 12 x 1 min fast, 1 min slow, 1.5 miles easy	Day off or 2.5 miles easy	5 miles, last mile faster	3.5 miles easy	8 miles, last mile faster	REST

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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
8	3.5 miles easy	2 miles easy, 12 x 1 min fast, 1 min slow, 1.5 miles easy	Day off or 2.5 miles easy	6 miles	2.5 miles easy	9 miles	REST
9	4 miles easy	2 miles easy, 14 x 1 min fast, 1 min slow, 1.5 miles easy	Day off or 2.5 miles easy	5 miles, last mile faster	2.5 miles easy	10 miles	REST
10	3 miles easy	2 miles easy, 8 x 2 min fast, 1 min slow, 1.5 miles easy	2.5 miles easy	6 miles	5 miles easy	11 miles	REST
11	4 miles easy	2 miles easy, 10 x 2 min fast, 1 min slow, 1.5 miles easy	4 miles easy	6.5 miles	5 miles	12 miles	REST
12	4 miles easy	2 miles easy, 14 x 1 min fast, 30 sec slow, 1.5 miles easy	3 miles easy	5 miles, last mile faster	3 miles easy	7 miles	REST
13	4 miles easy	2 miles easy, 12 x 1 min fast, 1 min slow, 1.5 miles easy	Day off or 2 miles easy	5 miles, middle 2 miles at goal race pace	2 miles easy	7 miles	REST
14	5 miles, last mile faster	2 miles easy, 10 x 1 min fast, 1 min slow, 1.5 miles easy	2.5 miles easy	2 miles easy, 1 mile at race pace, 1 mile easy, 1 mile at race pace	3 miles easy, 4 x 10-second pickups / strides	2 miles	REST