

# 20-WEEK HALF MARATHON TRAINING PLAN

women's  
**running**



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>1</b>	30 min 10 x Run 1 min + Walk 2 min	CROSSTRAINING 30 min	30 min 10 x Run 1 min + Walk 2 min	REST	CROSSTRAINING 30 min	3 miles Run 1 min + Walk 2 min	REST
<b>2</b>	30 min 10 x Run 1 min + Walk 2 min	CROSSTRAINING 30 min	28 min 7 x Run 1 min + Walk 2 min	REST	CROSSTRAINING 30 min	3 miles Run 1 min + Walk 2 min	REST
<b>3</b>	28 min 7 x Run 2 min + Walk 2 min	CROSSTRAINING 30 min	28 min 7 x Run 2 min + Walk 2 min	REST	CROSSTRAINING 30 min	4 miles Run 2 min + Walk 2 min	REST
<b>4</b>	28 min 7 x Run 2 min + Walk 2 min	CROSSTRAINING 30 min	30 min 6 x Run 3 min + Walk 2 min	REST	CROSSTRAINING 30 min	4 miles Run 2 min + Walk 2 min	REST
<b>5</b>	30 min 6 x Run 3 min + Walk 2 min	CROSSTRAINING 30 min	30 min 6 x Run 3 min + Walk 2 min	REST	CROSSTRAINING 30 min	4 miles Run 2 min + Walk 2 min	REST
<b>6</b>	30 min 6 x Run 3 min + Walk 2 min	CROSSTRAINING 30 min	30 min 5 x Run 4 min + Walk 2 min	REST	CROSSTRAINING 30 min	5 miles Run 3 min + Walk 2 min	REST
<b>7</b>	30 min 5 x Run 4 min + Walk 2 min	CROSSTRAINING 30 min	30 min 5 x Run 4 min + Walk 2 min	REST	CROSSTRAINING 30 min	5 miles Run 3 min + Walk 2 min	REST
<b>8</b>	30 min 5 x Run 4 min + Walk 2 min	CROSSTRAINING 30 min	30 min 5 x Run 4 min + Walk 2 min	REST	CROSSTRAINING 30 min	6 miles Run 4 min + Walk 2 min	REST
<b>9</b>	30 min 6 x Run 5 min + Walk 1 min	CROSSTRAINING 30 min	30 min 5 x Run 4 min + Walk 2 min	REST	CROSSTRAINING 30 min	6 miles Run 4 min + Walk 2 min	REST
<b>10</b>	30 min 6 x Run 5 min + Walk 1 min	CROSSTRAINING 30 min	36 min 6 x Run 5 min + Walk 1 min	REST	CROSSTRAINING 30 min	4 miles Run 4 min + Walk 1 min	REST

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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>11</b>	36 min 6 x Run 5 min + Walk 1 min	CROSSTRaining 30 min	36 min 6 x Run 5 min + Walk 1 min	REST	CROSSTRaining 30 min	7 miles Run 4 min + Walk 1 min	REST
<b>12</b>	30 min 6 x Run 5 min + Walk 1 min	CROSSTRaining 30 min	35 min 5 x Run 6 min + Walk 1 min	REST	CROSSTRaining 30 min	8 miles Run 4 min + Walk 1 min	REST
<b>13</b>	35 min 5 x Run 6 min + Walk 1 min	CROSSTRaining 30 min	35 min 5 x Run 6 min + Walk 1 min	REST	CROSSTRaining 30 min	5 miles Run 5 min + Walk 1 min	REST
<b>14</b>	35 min 5 x Run 6 min + Walk 1 min	CROSSTRaining 30 min	40 min 5 x Run 7 min + Walk 1 min	REST	CROSSTRaining 30 min	9 miles Run 5 min + Walk 1 min	REST
<b>15</b>	Walk 5 min before & after 40 min 5 x Run 7 min + Walk 1 min	CROSSTRaining 30 min	40 min 5 x Run 7 min + Walk 1 min	REST	CROSSTRaining 30 min	6 miles Run 6 min + Walk 1 min	REST
<b>16</b>	40 min 5 x Run 7 min + Walk 1 min	CROSSTRaining 30 min	36 min 4 x Run 8 min + Walk 1 min	REST	CROSSTRaining 30 min	10 miles Run 6 min + Walk 1 min	REST
<b>17</b>	45 min 5x Run 8 min + Walk 1 min	CROSSTRaining 30 min	45 min 5x Run 8 min + Walk 1 min	REST	CROSSTRaining 30 min	7 miles Run 7 min + Walk 1 min	REST
<b>18</b>	45 min 5x Run 8 min + Walk 1 min	CROSSTRaining 30 min	44 min 4x Run 10 min + Walk 1 min	REST	CROSSTRaining 30 min	10 miles Run 7 min + Walk 1 min	REST
<b>19</b>	44 min 4x Run 10 min + Walk 1 min	CROSSTRaining 30 min	44 min 4x Run 10 min + Walk 1 min	REST	CROSSTRaining 30 min	6 miles Run 8 min + Walk 1 min	REST
<b>20</b>	44 min 4x Run 10 min + Walk 1 min	CROSSTRaining 30 min	44 min 4x Run 10 min + Walk 1 min	REST	CROSSTRaining 30 min	REST	RACE DAY!