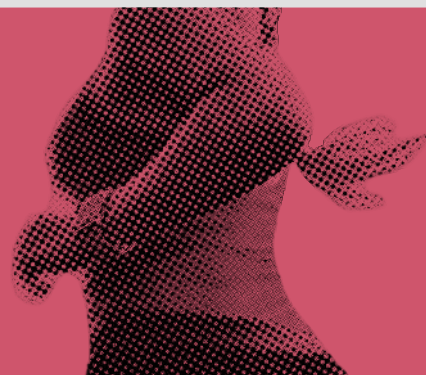


20-WEEK HALF MARATHON TRAINING PLAN

women's
running



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	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
2	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
3	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
4	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
5	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
6	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
7	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
8	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
9	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
10	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

