

12 WEEK HALF MARATHON TRAINING PLAN



	1st Week	2nd Week	3rd Week	4th Week
MON	(August 25) 2 miles at an easy pace	2.5 miles at an easy pace	2 miles at an easy pace	3 miles at an easy pace
TUES	STRENGTH TRAINING Focus on compound exercises like squats, lunges, deadlifts and core work for building strength and stability	STRENGTH TRAINING Focus on compound exercises like squats, lunges, deadlifts and core work for building strength and stability	STRENGTH TRAINING Focus on compound exercises like squats, lunges, deadlifts and core work for building strength and stability	STRENGTH TRAINING Focus on compound exercises like squats, lunges, deadlifts and core work for building strength and stability
WED	3 miles at an easy pace	3 miles at an easy pace	Jog 1 mile Run .2 miles Walk .2 miles Repeat 5 times	Jog 1 mile Run .25 miles Walk .25 miles Repeat 5 times
THURS	CROSS TRAINING Focus on cardio workouts like hiit, swimming, biking, kickboxing	CROSS TRAINING Focus on cardio workouts like hiit, swimming, biking, kickboxing	CROSS TRAINING Focus on cardio workouts like hiit, swimming, biking, kickboxing	CROSS TRAINING Focus on cardio workouts like hiit, swimming, biking, kickboxing
FRI	3 miles at an easy pace	YOGA Aim for 45 min to 1 hour of yoga	YOGA Aim for 45 min to 1 hour of yoga	YOGA Aim for 45 min to 1 hour of yoga
SAT	LONG RUN 3.5 miles	LONG RUN 4 miles	LONG RUN 5 miles	LONG RUN 6 miles
SUN	REST DAY	REST DAY	REST DAY	REST DAY



12 WEEK HALF MARATHON TRAINING PLAN



	5th Week	6th Week	7th Week	8th Week
MON	4 miles at an easy pace	3.5 miles at an easy pace	4 miles at an easy pace	4.5 miles at an easy pace
TUES	STRENGTH TRAINING Focus on compound exercises like squats, lunges, deadlifts and core work for building strength and stability	STRENGTH TRAINING Focus on compound exercises like squats, lunges, deadlifts and core work for building strength and stability	STRENGTH TRAINING Focus on compound exercises like squats, lunges, deadlifts and core work for building strength and stability	YOGA Aim for 45 min to 1 hour of yoga or stretching
WED	Jog .5 mile Run 1.5 miles Jog .5 mile Repeat 2 times	Jog 1 mile Run .25 miles Walk .25 miles Repeat 5 times	Jog 1 mile Run 2 miles Jog 1 mile Walk .5 miles	Jog 1 mile Run .2 miles Walk .2 miles Repeat 5 times Sprint .1, Walk .1 x2
THURS	CROSS TRAINING Focus on cardio workouts like hiit, swimming, biking, kickboxing	YOGA Aim for 45 min to 1 hour of yoga	CROSS TRAINING Focus on cardio workouts like hiit, swimming, biking, kickboxing	CROSS TRAINING Focus on cardio workouts like hiit, swimming, biking, kickboxing
FRI	YOGA Aim for 45 min to 1 hour of yoga	CROSS TRAINING Focus on cardio workouts like hiit, swimming, biking, kickboxing	YOGA Aim for 45 min to 1 hour of yoga	REST DAY
SAT	LONG RUN 7 miles	LONG RUN 8 miles	LONG RUN 9.3 miles	LONG RUN 11 miles
SUN	REST DAY	REST DAY	REST DAY	YOGA/STRETCH



12 WEEK HALF MARATHON TRAINING PLAN



	9th Week	10th Week	11th Week	12th Week
MON	5 miles at an easy pace	6 miles at an easy pace	5 miles at an easy pace	6.2 miles at an easy pace
TUES	STRENGTH TRAINING Focus on compound exercises like squats, lunges, deadlifts and core work for building strength and stability	STRENGTH TRAINING Focus on compound exercises like squats, lunges, deadlifts and core work for building strength and stability	STRENGTH TRAINING Focus on compound exercises like squats, lunges, deadlifts and core work for building strength and stability	STRENGTH TRAINING Focus on compound exercises like squats, lunges, deadlifts and core work for building strength and stability
WED	Jog 1 mile Run 2.5 miles Repeat 2 times Walk .5 miles	YOGA Aim for 45 min to 1 hour of yoga	Jog 1 mile Run 4 miles Jog 1 mile Walk .2 miles	4 miles at an easy pace
THURS	CROSS TRAINING Focus on cardio workouts like hiit, swimming, biking, kickboxing	Jog 1 mile Run 4 miles Jog 1 mile Walk .5 miles	CROSS TRAINING Focus on cardio workouts like hiit, swimming, biking, kickboxing	REST DAY
FRI	YOGA Aim for 45 min to 1 hour of yoga	YOGA Aim for 45 min to 1 hour of yoga	YOGA Aim for 45 min to 1 hour of yoga	YOGA Aim for 45 min to 1 hour of yoga
SAT	LONG RUN 10 miles	LONG RUN 13.5 miles	LONG RUN 11 miles	2 mile shakeout run at an easy pace
SUN	REST DAY	REST DAY	REST DAY	RACE DAY 

