12 WEEK HALF MARATHON TRAINING PLAN

Regenexx
At New Regeneration Orthopedics

SPRF STPETE RUN FEST HALF

	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**

STPETE RUN FEST

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SPRF STPETE RUN FEST HALF

	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**

STPeTe RUN FEST

12 WEEK HALF MARATHON TRAINING PLAN

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SPRF STPETE RUN FEST HALF

	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**

STPETE RUN FEST