

BEGINNER'S HALF-MARATHON TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Diagnostic run (3 miles) Pace:			Recovery run/walk (2 miles) Pace:			Long slow run (3 miles) Pace:
Week 2		Cross training (30–45 minutes)		Recovery run/walk (3 miles) Pace:			Long slow run (4 miles) Pace:
Week 3		Cross training (30–45 minutes)		Recovery run/walk (3 miles) Pace:			Long slow run (5 miles) Pace:
Week 4		Tempo run (2 miles) Pace:		Recovery run/walk (3 miles) Pace:			Long slow run (5 miles) Pace:
Week 5		Tempo run (2 miles) Pace:		Cross training (45–60 minutes)			Long slow run (6 miles) Pace:
Week 6		Tempo run (3 miles) Pace:		Cross training (45–60 minutes)			Long slow run (7 miles) Pace:
Week 7		Tempo run (3 miles) Pace:		Recovery run/walk (5 miles) Pace:			Long slow run (8 miles) Pace:
Week 8		Tempo run (4 miles) Pace:		Recovery run (5 miles) Pace:			Long slow run (9 miles) Pace:
Week 9		Tempo run (5 miles) Pace:		Recovery run (5 miles) Pace:			Long slow run (10 miles) Pace:
Week 10		Tempo run (6 miles) Pace:		Recovery run (5 miles) Pace:			Long slow run (10 miles) Pace:
Week 11		Tempo run (6 miles) Pace:		Cross training (60–90 minutes)			Long slow run (7 miles) Pace:
Week 12		Cross training (60 minutes)		Cross training (45–60 minutes)			Race day Pace:

