

HALF-MARATHON TRAINING PROGRAM

Beginner 3day/week plan

If you want the program to stretch 17 weeks, keep the mileage at 20-25/week extra 5 weeks, start there
 Should have 25-30 mile/week running base for at least 1 month

Cross-training: Alternate workout of 30-90 minutes, and not with great intensity

E-Cross: Cross-training 30-60 minutes, easy pace

Choose running days to accommodate your schedule, resting before and after long effort

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 m run	Rest	3-mile tempo	E-Cross	Rest	5 miles
2	Rest	4 m run	Rest	4-mile tempo	E-Cross	Rest	6 miles
3	Rest	5 m run	Rest	5-mile tempo	E-Cross	Rest	8-mile long run
4	Rest	4 m run	Rest	6-mile tempo	E-Cross	Rest	10-mile long run
5	Rest	5 m run	Rest	4-mile tempo	E-Cross	Rest	6-mile long run
6	Rest	4 m run	Rest	8-mile tempo	E-Cross	Rest	10-mile long run
7	Rest	5 m run	Rest	6-mile tempo	E-Cross	Rest	8-mile long run
8	Rest	5 m run	Rest	8-mile tempo	E-Cross	Rest	10-mile long run
9	Rest	4 m run	Rest	3-mile tempo	E-Cross	Rest	12-mile long run
10	Rest	6 m run	Rest	2-mile tempo	E-Cross	Rest	6-mile long run
11	Rest	5 m run	Rest	5 m run + strength	E-Cross	Rest	10 m run
12	Rest	4 m run	Rest	2 m run	Rest	Rest	Half Marathon