

HALF-MARATHON TRAINING SCHEDULE:

Beginner 4day/week plan

If you want the program to stretch 17 weeks, keep the mileage at 20-25/week extra 4 weeks

Should have 20-25 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

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	3 m run	Rest	3 m run + pace	Rest	30 min	4 m run
2	Stretch & Strengthen	3 m run	Rest	3 m run + pace	Rest	30 min	4 m run
3	Stretch & Strengthen	3.5 m run	Rest	3.5 m run + pace	Rest	40 min	5 m run
4	Stretch & Strengthen	3.5 m run	Rest	3.5 m run + pace	Rest	40 min	5 m run
5	Stretch & Strengthen	4 m run	Rest	4 m run + pace	Rest	40 min	6 m run
6	Stretch & Strengthen	4 m run	Rest	4 m run + pace	Rest or easy run	Rest	5-K Race
7	Stretch & Strengthen	4.5 m run	Rest or easy run	4.5 m run + pace	Rest	50 min	7 m run
8	Stretch & Strengthen	4.5 m run	Rest	4.5 m run + pace	Rest	50 min	8 m run
9	Stretch & Strengthen	5 m run	Rest	5 m run + pace	3m	Rest	10-K Race
10	Stretch/Strength	4 m run	Rest	6m	3m	Rest	7m
11	Stretch & Strengthen	5 m run	Rest or easy run	5 m run + pace	Rest	60 min	9 m run
12	Stretch & Strengthen	5 m run	Rest	5 m run + pace	Rest	60 min	10 m run
13	Stretch & Strengthen	4 m run	Rest	2 m run	Rest	Rest	Half Marathon