

HALF MARATHON TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	3_{MI}	2_{MI}	3_{MI}	REST	4_{MI}	CROSS TRAINING
2	REST	3_{MI}	2_{MI}	3_{MI}	REST	4_{MI}	CROSS TRAINING
3	REST	3.5_{MI}	2_{MI}	3.5_{MI}	REST	5_{MI}	CROSS TRAINING
4	REST	3.5_{MI}	2_{MI}	3.5_{MI}	REST	5_{MI}	CROSS TRAINING
5	REST	4_{MI}	2_{MI}	4_{MI}	REST	6_{MI}	CROSS TRAINING
6	REST	4_{MI}	2_{MI}	4_{MI}	REST	3.1_{MI}	CROSS TRAINING
7	REST	4.5_{MI}	3_{MI}	4.5_{MI}	REST	7_{MI}	CROSS TRAINING
8	REST	4.5_{MI}	3_{MI}	4.5_{MI}	REST	8_{MI}	CROSS TRAINING
9	REST	5_{MI}	3_{MI}	5_{MI}	REST	6.2_{MI}	CROSS TRAINING
10	REST	5_{MI}	3_{MI}	5_{MI}	REST	9_{MI}	CROSS TRAINING
11	REST	5_{MI}	3_{MI}	5_{MI}	REST	10_{MI}	REST
12	4_{MI}	3_{MI}	2_{MI}	REST	REST	RACE DAY!	REST