

# HALF MARATHON TRAINING PLAN

WK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	PHASE
#	MONDAY	RUN	WALK	RUN	WALK	RUN	RUN	REST	
1		20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	35 min run 2, walk 1	Rest	BASE TRAINING
2		25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	40 min run 3, walk 1	Rest	
3		30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	45 min run 4, walk 1	Rest	
4		35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	50 min run 4, walk 1	Rest	
5		40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	60 min run 5, walk 1	Rest	
6		45 min run 5, walk 1	30 min walk	45 min run 5, walk 1	30 min walk	Rest	5K Test Run 3.1 miles	Rest	
		EASY	EASY	STRENGTH	HARD	REST	LONG	X-TRAIN	
7		5 km	3 km	Strength & Core	5 km	Rest	7 km	Cross Train	DISTANCE TRAINING
8		5 km	3 km	Strength & Core	5 km	Rest	8 km	Cross Train	
9		5 km	3 km	Strength & Core	6 km	Rest	8 km	Cross Train	
10		6 km	3 km	Strength & Core	6 km	Rest	10 km	Cross Train	
11		6 km	3 km	Strength & Core	7 km	Rest	11 km	Cross Train	
12		6 km	3 km	Strength & Core	7 km	Rest	10 km	Cross Train	
13		7 km	5 km	Strength & Core	8 km	Rest	13 km	Cross Train	
14		7 km	5 km	Strength & Core	8 km	Rest	14 km	Cross Train	
15		8 km	5 km	Strength & Core	8 km	Rest	16 km	Cross Train	
16		8 km	5 km	Strength & Core	5 km	Rest	14 km	Cross Train	THE TAPER
17		8 km	5 km	Strength & Core	8 km	Rest	13 km	Cross Train	
18		6km	5 km	Strength & Core	3 km	Rest	<b>RACE WKND</b>		