



**Half - Marathon Training Program**

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Weekly Miles
1	Stretch & Strength	3 m run	2 m run or cross	3 m run + strength	Rest	30 min cross	4 m run	12 Miles
2	Stretch & Strength	3 m run	2 m run or cross	3 m run + strength	Rest	30 min cross	4 m run	12 Miles
3	Stretch & Strength	3.5 m run	2 m run or cross	3.5 m run + strength	Rest	40 min cross	5 m run	14 Miles
4	Stretch & Strength	3 m run	2 m run or cross	3 m run + strength	Rest	40 min cross	4 m run	12 Miles
5	Stretch & Strength	4 m run	2 m run or cross	4 m run + strength	Rest	40 min cross	6 m run	16 Miles
6	Stretch & Strength	4 m run	2 m run or cross	4 m run + strength	Rest or easy run	Rest	<b>5-K Race</b>	13 Miles
7	Stretch & Strength	4.5 m run	3 m run or cross	4.5 m run + strength	Rest	50 min cross	7 m run	19 Miles
8	Stretch & Strength	4.5 m run	3 m run or cross	4.5 m run + strength	Rest	50 min cross	8 m run	20 Miles
9	Stretch & Strength	5 m run	3 m run or cross	5 m run + strength	Rest or easy run	Rest	<b>10-K Race</b>	19 Miles
10	Stretch & Strength	5 m run	3 m run or cross	5 m run + strength	Rest	60 min cross	9 m run	22 Miles
11	Stretch & Strength	5 m run	3 m run or cross	5 m run + strength	Rest	60 min cross	10 m run	23 Miles
12	Stretch & Strength	4 m run	3 m run or cross	2 m run	Rest	Rest	<b>Half Marathon</b>	22 Miles

\* Try and find a local 5k race in week 6 and a 10 k race in week 9 as it will help you understand what to expect on race day and how your body will react.

\*\* Strength training and stretching are key components of your training program and I highly recommend doing at least 1 day per week.

\*\* Cross training is any aerobic activity outside of running. Examples include: bicycling, elliptical machine, rowing machine, swimming, walking, cross country skiing, etc.



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