

Half Marathon Training Program – Beginner (12 Weeks)

Ramp-Up Training (Optional 4 Weeks)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	R	E (1.5 miles)	CT (20-30 min)	E (1.5 miles)	R or easy walk	LR (2 miles)	CT (20 min)
2	R	E (2 miles)	CT (25-30 min)	E (2 miles)	R or easy walk	LR (3 miles)	CT (20-30 min)
3	R	E (2.5 miles)	CT (30 min)	E (2.5 miles)	R or easy walk	LR (4 miles)	CT (30 min)
4	R	E (3 miles)	CT (30-35 min)	E (3 miles)	R or easy walk	LR (5 miles)	CT (30 min)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	R	E (2-3 miles)	CT (30 min)	E (3 miles)	R or easy walk	LR (3 miles)	CT (30 min)
2	R	E (2-3 miles)	CT (30 min)	E (3 miles)	R or easy walk	LR (4 miles)	CT (30 min)
3	R	E (2-3 miles)	CT (30 min)	E (3 miles)	R or easy walk	LR (5 miles)	CT (30 min)
4	R	E (3 miles)	CT (30 min)	E (3-4 miles)	R or easy walk	LR (6 miles)	CT (30 min)
5	R	E (3-4 miles)	CT (30-45 min)	E (3-4 miles)	R or easy walk	LR (7 miles)	CT (30-45 min)
6	R	E (3-4 miles)	CT (30-45 min)	E (3-4 miles)	R or easy walk	LR (8 miles)	CT (30-45 min)
7	R	E (4 miles)	CT (30-45 min)	E (4 miles)	R or easy walk	LR (9 miles)	CT (30-45 min)
8	R	E (4-5 miles)	CT (30-45 min)	E (4 miles)	R or easy walk	LR (10 miles)	CT (45 min)
9	R	E (4-5 miles)	CT (30-45 min)	E (4-5 miles)	R or easy walk	LR (10-11 miles)	CT (45 min)
10	R	E (4-5 miles)	CT (30-45 min)	E (4-5 miles)	R or easy walk	LR (11 miles)	CT (45 min)
11	R	E (4-5 miles)	CT (30-45 min)	E (4-5 miles)	R or easy walk	LR (12 miles)	CT (45 min)
12	R	E (3 miles)	CT (30 min)	E (2-3 miles)	R	R	Race Day!

Key: Easy Run (E) Rest (R) Long Run (LR) Cross-Training (CT)