



TRAINING PLANS

12-Week Half-Marathon Training Schedule

This 12-week plan will get new runners and first-time half marathoners ready for 13.1 miles on race day with flexible days of running, rest, and cross-training per week.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	Run 2 miles	Rest	Run 2.5 miles	Rest	Run 3 miles	Run 20 – 30 min. easy or cross-train
2	Rest	Run 2 miles	Rest	Run 3 miles	Rest or cross-train	Run 4 miles	Run 20 – 30 min. easy or cross-train
3	Rest	Run 2.5 miles	Cross-train	Run 3 miles	Rest	Run 5 miles	Run 20 – 30 min. easy or cross-train
4	Rest	Run 3 miles	Cross-train	Run 4 miles	Rest	Run 6 miles	Run 20 – 30 min. easy or cross-train
5	Rest	Run 3 miles	Cross-train	Run 3 miles	Rest	Run 7 miles	Run 30 min. easy or cross-train
6	Rest	Run 4 miles	Cross-train	Run 4 miles	Rest	Run 8 miles	Run 30 min. easy or cross-train
7	Rest	Run 4 miles	Rest	Run 4 miles	Cross-train	Run 9 miles	Run 20 – 30 min. easy or cross-train
8	Rest	Run 4 miles	Cross-train	Run 3 miles	Rest	Run 10 miles	Run 20 – 30 min. easy or cross-train
9	Rest	Run 5 miles	Cross-train	Run 4 miles	Rest	Run 11 miles	Run 30 min. easy or cross-train
10	Run 30 min. easy or cross-train	Run 4 miles	Rest	Run 3 miles	Cross-train	Run 12 miles	Run 30 min. easy or cross-train
11	Rest	Cross-train	Rest	Run 3 miles	Cross-train	Run 5 miles	Run 30 min. easy or cross-train
12	Rest	Run 2 miles	Run 20 min.	Run 3 miles	Run 20 min.	Race Day!	Rest