



Beginner Half Marathon Training Program

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8/27	20 min	Rest	20 min	2 mi	Cross T or Rest	30 min	Rest
9/3	20 min	Rest	30 min	3 mi	Cross T or Rest	40 min	Rest
9/10	3 mi	Rest	3 mi	3 mi	Cross T or Rest	4 mi	Rest
9/17	3 mi	Rest	3 mi	3 mi	Cross T or Rest	5 mi	Rest
9/24	3 mi	Rest	4 mi	3 mi	Cross T or Rest	7 mi	Rest
10/1	3 mi	Rest	4 mi	3 mi	Cross T or Rest	5 mi	Rest
10/8	3 mi	Rest	4 mi	3 mi	Cross T or Rest	7 mi	Rest
10/15	3 mi	Rest	5 mi	3 mi	Cross T or Rest	9 mi	Rest
10/22	4 mi	Rest	5 mi	3 mi	Cross T or Rest	10 mi	Rest
10/29	4 mi	Rest	6 mi	3 mi	Cross T or Rest	12 mi	Rest
11/5	3 mi	Rest	4 mi	3 mi	Cross T or Rest	6 mi	Rest
11/12	3 mi	Rest	2-3 mi	Rest	15-20 min	Rest	RACE DAY!

Tips To Keep Training Fun:

1. The twelve week training program begins Monday, August 27th.
2. Don't feel you need to run the entire time. Just stay on your feet for the miles specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minute walk then progress to X minutes of running and Y minutes of walking (e.g. run 2 minutes, walk 2 minutes). Experiment with different ratios but never run to the point of exhaustion. The key is to take your walk breaks early when you are still feeling strong. You'll be amazed at how far you'll be able to go with consistent walk breaks. Continue experimenting with different run/walk ratios to find the one you are most comfortable with and which will enable you to complete the listed distance.
3. If you do not have a measured course where you most often run or walk, use time instead—based on your pace. In other words, if you are scheduled to complete 2 miles and you normally run or walk a 12 min mile, stay out for 24 minutes. If you don't know your pace, use 10 min/mile as your standard for runners and 15 min/mile for walkers.
4. Your schedule incorporates 4 days a week of running and walking, two days a week to rest, and one day a week for cross training (Cross T). Cross training is recommended to maintain your cardiovascular fitness while giving your legs a break from running or walking. Biking and swimming are good forms of cross training.
5. Finally, don't stress over the schedule! Change days of the week that you run to what works best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic.

