

## Half Marathon Training Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Gentle 3 mile jog	Rest	3 mile gentle fartlek	Rest	Cross train	Rest	5 miles steady
Week 2	Rest	Rest	3 mile gentle fartlek	Rest	40 minute treadmill	Rest	5-6 miles steady
Week 3	Rest	Rest	4 mile gentle fartlek	Rest	3 mile easy jog	Rest	7 miles quick
Week 4	Rest or gentle 3 miles	Rest	40 minute hill session	Rest	3 mile easy jog	Rest	7-8 miles
Week 5	Rest or gentle 3 miles	Rest	40 min intervals	Rest	4 - 5 mile jog	Rest	8-9 miles steady
Week 6	Rest or 3 miles easy	Rest	4 mile gentle fartlek	Rest	50 min cross training	Rest	9-10 miles steady
Week 7	Rest or 3-4 miles easy	Rest	45 min intervals	Rest	5 mile jog	Rest	10 miles race pace
Week 8	Rest or 3 miles easy	Rest	6 mile steady run	Rest	5 mile steady	Rest	10-11 miles
Week 9	Rest	Rest	5-6 mile fartlek	Rest	50 min cross training	Rest	12-13 miles steady
Week 10	Rest	Rest	4 mile speed fartlek	Rest	5 miles steady	Rest	12 miles steady
Week 11	Rest	Rest	40 min light intervals	Rest	5 miles easy	Rest	6 mile race pace
Week 12	Rest or easy 3 mile jog	Rest	3 mile jog with gentle fartlek	Rest	Rest or 40 min cross training	Rest	RACE DAY