



## **BEGINNER PLAN FOR HALF MARATHON**

WK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	2-3 mile walk & jog	Rest	2-3 mile walk & jog	Rest	3 mile walk & jog	Rest	4 mile walk & jog
2	2-3 mile walk & jog	Rest	Easy 2-3 mile jog	Rest	Easy 2-3 mile jog	Rest	2-3 mile jog
3	2-3 mile jog/walk	Rest	Easy 4-5 mile jog with bursts	Rest	Easy 2-3 mile jog	Rest	3-4 mile jog
4	3-4 mile jog/walk	Rest	Easy 4-5 mile jog with bursts	Rest	Easy 3-4 mile jog	Rest	4-5 mile jog
5	3-4 mile jog/rest	Rest	Easy 4-5 mile jog/rest	Rest	Easy 4-5 mile jog	Rest	5-6 mile jog
6	4-5 mile jog/rest	Rest	Easy 3-4 mile jog/incl. Hills	Rest	Easy 4-5 mile jog	Rest	6-7 mile jog
7	4-5 mile jog/rest	Rest	Easy 3-4 mile jog/incl. Hills	Rest	Easy 5-6 mile jog	Rest	7-8 mile jog
8	5-6 mile jog/rest	Rest	Easy 4-5 mile jog/incl. Hills	Rest	Easy 5-6 mile jog	Rest	8-10 mile jog
9	5-6 mile jog/rest	Rest	Easy 5-6 mile jog/incl. Hills	Rest	Easy 6-7 mile jog	Rest	9-11 mile jog
10	5-6 mile jog/rest	Rest	Easy 5-6 mile jog with bursts	Rest	Easy 6-7 mile jog	Rest	11-13 mile jog
11	5-6 mile jog/rest	Rest	Easy 5-6 mile jog with bursts	Rest	Easy 4-5 mile jog	Rest	6-8 mile jog
12	2-3 mile jog/rest	Rest	Easy 3-4 mile jog/rest	Rest	Easy 4-5 mile jog	Rest	<b>RACE DAY!!</b>