

BEGINNERS'

HALF-MARATHON TRAINING SCHEDULE



Congratulations on your decision to train for your first half marathon! This schedule is perfect for a beginner runner and a first-time half-marathoner whose goal is to finish the 13.1-mile race. To start this plan, you should have been running for at least two months and should have a base mileage of about 8–10 miles per week. If you haven't already had a recent physical, visit your doctor for medical clearance to train for a half marathon.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	2 mi	Rest	2.5 mi	Rest	3 mi	20-30 min EZ run or cross-train
2	Rest	2 miles	Rest	3 mi	CT or Rest	4 mi	20-30 min EZ run or cross-train
3	Rest	2.5 mi	CT	3 mi	Rest	5 mi	20-30 min EZ run or cross-train
4	Rest	3 mi	CT	4 mi	Rest	6 mi	20-30 min EZ run or cross-train
5	Rest	3 mi	CT	3 mi	Rest	7 mi	30 min EZ run or cross-train
6	Rest	4 mi	CT	4 mi	Rest	8 mi	30 min EZ run or cross-train
7	Rest	4 mi	Rest	4 mi	CT	9 mi	30 min EZ run or cross-train
8	Rest	4 mi	CT	3 mi	Rest	10 mi	30 min EZ run or cross-train
9	Rest	5 mi	CT	4 mi	Rest	11 mi	Rest
10	30 min EZ run or cross-train	4 mi	Rest	3 mi	CT	12 mi	30 min EZ run or cross-train
11	Rest	CT	Rest	3 mi	CT	5 mi	30 min EZ run or cross-train
12	Rest	2 mi	20 minutes	Rest	20 minutes	Race Day!	Rest Day!

NOTES ABOUT THE SCHEDULE

Mondays and Fridays

Most Mondays are rest days. Rest is critical to your recovery and injury prevention efforts, so don't ignore rest days.

Tuesdays and Thursdays

After your warm up, run at a moderate pace (slightly faster than your long run pace) for the designated mileage. Cool down and stretch after your run.

Wednesdays

Some Wednesdays are designated rest days. Others are cross-training (CT) days, when you should do a cross-training activity (biking, swimming, elliptical trainer, etc.) at easy-to-moderate effort for 30 to 45 minutes. It's also beneficial to do overall body strength training at least once a week.

Fridays

Do a cross-training (CT) activity (biking, swimming, elliptical trainer, etc.) at easy-to-moderate effort for 30 to 45 minutes. If you're feeling very sluggish or sore on Friday, take a rest day. It's important that you're feeling strong for your Saturday long run.

Saturdays

This is the day for your long, slow, distance run. Run the designated mileage at an easy, conversational pace. Use your breathing as your guide. You should be able to breathe easily and talk in complete sentences comfortably during your run.

Sundays

This is an active recovery day. Your short run should be at a very easy (EZ), comfortable pace, which helps loosen up your muscles. You can also do a run/walk combination or cross-train.

Note

You can switch days to accommodate your schedule. So if you're busy on another day and prefer to workout on a Monday or Friday, it's fine to swap a rest day for a run day.