

Half Marathon Plan Beginners

Week	Date	Sun	Tues	Thurs	Sat
1	28-Jan	3 mile walk/jog	45 minutes	45 minutes	60 minutes
2	4-Feb	3 mile walk/jog	1/1 4 miles	Boot Camp/Speed	1.5/1 5 miles
3	11-Feb	3 mile walk/jog	1.5/1 4 miles	1.5/1 4 miles	1.5/1 5 miles
4	18-Feb	3 mile walk/jog	1.5/1 4 miles	Boot Camp/Speed	1.5/1 6 miles
5	25-Feb	3 mile walk/jog	2/1 4 miles	2/1 5 miles	1.5/1 6 miles
6	4-Mar	3 mile walk/jog	2/1 5 miles	Boot Camp/Speed	2/1 7 miles
7	11-Mar	3 mile walk/jog	2/1 5 miles	2/1 5 miles	8 Mile Race Simulation
8	18-Mar	3 mile walk/jog	2/:30 5 miles	Boot Camp/Speed	2/1 6 miles
9	25-Mar	3 mile walk/jog	2/:30 6 miles	2/:30 5 miles	2/:30 9 miles
10	1-Apr	3 mile walk/jog	2/:30 6 miles	2/:30 5 miles	2/1 6 miles
11	8-Apr	3 mile walk/jog	2/:30 6 miles	Boot Camp/Speed	2/:30 10 miles
12	15-Apr	3 mile walk/jog	2/:30 6 miles	2/:30 5 miles	2/1 6 miles
13	22-Apr	3 mile walk/jog	2/:30 3 miles	Boot Camp/Speed	2/:30 12 miles
14	29-Apr	3 mile walk/jog	2/:30 6 miles	2/:30 5 miles	2/:30 10 miles
15	6-May	3 mile walk/jog	2/:30 6 miles	Boot Camp/Speed	2/:30 6 miles
16	13-May	3 mile walk/jog	2/:30 3 miles	2/:30 3 miles	Race Day!

The first number is run and the second is walk. So if the workout says 2/1 3 miles it means to run for 2 minutes and walk for 1 minutes for however long it takes you to complete 3 miles. Keep track of your times and put in a spreadsheet.

Sundays - Walk or easy jog only! This is a recovery day. Do not run!

Monday - Stretch and drink plenty of water.

Tuesday - Run at a relatively easy pace. You should be able to speak in complete sentences.

Wednesday - Stretch and drink plenty of water.

Thursday - Harder than Tuesday. We will work speed, strength, and hills.

Friday - Stretch and drink plenty of water.

Saturday - Long Run Day. We will work on our zone 2 heart rate aerobic base.