

Couch to Half Marathon BEGINNER TRAINING PROGRAM

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest	3 mi run	2 mi run or cross train	3 mi run	Rest	30 min cross train	4 mi run
2	Rest	3 mi run	2 mi run or cross train	3 mi run	Rest	30 min cross train	4 mi run
3	Rest	3.5 mi run	2 mi run or cross train	3.5 mi run	Rest	40 min cross train	5 mi run
4	Rest	3.5 mi run	2 mi run or cross train	3.5 mi run	Rest	40 min cross train	5 mi run
5	Rest	4 mi run	2 mi run or cross train	4 mi run	Rest	40 min cross train	6 mi run
6	Rest	4 mi run	2 mi run or cross train	4 mi run	Rest or Easy run	Rest	5k Road Race*
7	Rest	4.5 mi run	3 mi run or cross train	4.5 mi run	Rest	50 min cross train	7 mi run
8	Rest	4.5 mi run	3 mi run or cross train	4.5 mi run	Rest	50 min cross train	8 mi run
9	Rest	5 mi run	3 mi run or cross train	5 mi run	Rest or Easy run	Rest	10k Road Race*
10	Rest	5 mi run	3 mi run or cross train	5 mi run	Rest	60 min cross train	9 mi run
11	Rest	5 mi run	3 mi run or cross train	5 mi run	Rest	60 min cross train	10 mi run
12	Rest	4 mi run	3 mi run or cross train	2 mi run	Rest	Rest	Half Marathon

*Running a race will get you used to the crowd and the "Race Day" environment

Do not be concerned with the order of the training. Example: If you can't run on Wednesday, but you can on Thursday then make Wednesday your Rest Day and run on Thursday.