

12 WEEK HALF MARATHON TRAINING PLAN

	DATE	MON	TUES	WED	THURS	FRIDAY	SAT	SUNDAY	TOTAL	
WEEK 1 PLAN		3 miles	rest	3 miles	full body strength	3 miles	rest	5 miles	14 miles	base building phase
WEEK 1 ACTUAL										
WEEK 2 PLAN		3 miles	rest	4 miles	full body strength	3 miles	rest	6 miles	16 miles	
WEEK 2 ACTUAL										
WEEK 3 PLAN		3 miles	rest	4 miles	full body strength	4 miles	rest	7 miles	18 miles	
WEEK 3 ACTUAL										
WEEK 4 PLAN		3 miles	rest	4 miles	full body strength	4 miles	rest	5 miles	16 miles	
WEEK 4 ACTUAL										
WEEK 5 PLAN		3 miles	core	3/hills	rest	full body strength	4 miles	8 miles	18 miles	strength phase
WEEK 5 ACTUAL										
WEEK 6 PLAN		4 miles	core	3/tempo	rest	full body strength	4 miles	9 miles	20 miles	
WEEK 6 ACTUAL										
WEEK 7 PLAN		4 miles	core	3/hills	rest	full body strength	4 miles	10 miles	21 miles	
WEEK 7 ACTUAL										
WEEK 8 PLAN		4 miles	core	4/tempo	rest	full body strength	4 miles	6 miles	18 miles	
WEEK 8 ACTUAL										
WEEK 9 PLAN		full body strength	4 miles	3/interval	rest	full body strength	4 miles	11 miles	22 miles	speed phase
WEEK 9 ACTUAL										
WEEK 10 PLAN		5 miles	core	3/interval	rest	full body strength	4 miles	12 miles	24 miles	
WEEK 10 ACTUAL										
WEEK 11 PLAN		5 miles	core	3/interval	rest	3 miles	full body strength	rest	9 miles	taper
WEEK 11 ACTUAL										
WEEK 12 PLAN		5 miles	full body strength	3 miles	core	rest	rest	13.1	21 miles	race day
WEEK 12 ACTUAL										