

Half Marathon Novice



Consider doing a 5K or 10K en route to your goal to get a feel for the racing experience.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	3-mile run	2-mile run	3-mile run	Rest	30 min. cross-train	4-mile run
2	Rest	3-mile run	2-mile run	3-mile run	Rest	30 min. cross-train	4-mile run
3	Rest	3.5-mile run	2-mile run	3.5-mile run	Rest	40 min. cross-train	5-mile run
4	Rest	3.5-mile run	2-mile run	3.5-mile run	Rest	40 min. cross-train	5-mile run
5	Rest	4-mile run	2-mile run	4-mile run	Rest	40 min. cross-train	6-mile run
6	Rest	4-mile run	2-mile run	4-mile run	Rest	Rest	5K Race
7	Rest	4.5-mile run	3-mile run	4.5-mile run	Rest	50 min. cross-train	7-mile run
8	Rest	4.5-mile run	3-mile run	4.5-mile run	Rest	50 min. cross-train	8-mile run
9	Rest	5-mile run	3-mile run	5-mile run	Rest	Rest	10K Race
10	Rest	5-mile run	3-mile run	5-mile run	Rest	60 min. cross-train	9-mile run
11	Rest	5-mile run	3-mile run	5-mile run	Rest	60 min. cross-train	10-mile run
12	Rest	5-mile run	3-mile run	2-mile run	Rest	Rest	Half Marathon