



## First-Time Half-Marathon Training Plan

Weeks Out from Race	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total
12	Off or cross-train	3-4 miles w/ 3 strides	1.5-3 miles easy	3 miles w/ 3 strides	Off or easy cross-train	1.5-3 miles easy w/ 2 strides	5-6 miles easy	16-19 miles
11	Off or cross-train	3-4 miles w/ 4 strides	1.5-3 miles easy	4 miles w/ 4 strides	Off or easy cross-train	1.5-3 miles easy w/ 2 strides	6-7 miles easy	18-21 miles
10	Off or cross-train	3-4 miles w/ 4 strides	1.5-3 miles easy	4 miles w/ mile 3 slightly faster, mile 4 comfortably fast	Off or easy cross-train	1.5-3 miles easy w/ 2 strides	8-9 miles easy	20-23 miles
9	Off or cross-train	3-4 miles w/ 5 strides	1.5-3 miles easy	4 miles w/ 4 x 3 minutes comfortably fast, 1 minute easy	Off or easy cross-train	1.5-3 miles easy w/ 2 strides	5-6 miles easy	17-20 miles
8	Off or cross-train	3-4 miles w/ 5 strides	1.5-3 miles easy	5 miles w/ 1.5 miles comfortably fast	Off or easy cross-train	1.5-3 miles easy w/ 2 strides	8-9 miles easy	21-24 miles
7	Off or cross-train	4-5 miles w/ 6 strides	1.5-3 miles easy	4-6 miles easy	Off or easy cross-train	1.5-3 miles easy w/ 2 strides	9-10 miles w/ last 2 miles slightly faster	24-27 miles
6	Off or cross-train	4-5 miles w/ 6 strides	1.5-3 miles easy	5 miles w/ 3 x 3 minutes fast cruise, 3 minutes comfortably fast	Off or easy cross-train	1.5-3 miles easy w/ 2 strides	7-8 miles w/ last 1 mile comfortably fast	21-24 miles
5	Off or cross-train	4-5 miles w/ 6 strides	1.5-3 miles easy	5 miles w/ 3 middle miles slightly faster	Off or easy cross-train	1.5-3 miles easy w/ 2 strides	5K tune-up race w/ 1-mile warm-up, 2-mile cooldown	19-22 miles
4	Off or cross-train	4-5 miles w/ 8 strides	1.5-3 miles easy	5-6 miles easy	Off or easy cross-train	1.5-3 miles easy w/ 2 strides	10-11 miles w/ last 3 miles slightly faster	25-28 miles
3	Off or cross-train	4-5 miles w/ 8 strides	1.5-3 miles easy	6 miles with last 3 slightly faster each mile	Off or easy cross-train	1.5-3 miles easy w/ 2 strides	11-13 miles easy	26-30 miles
2	Off or cross-train	4-5 miles w/ 8 strides	1.5-3 miles easy	4-5 miles with 3-4 miles slightly faster (aim for projected half-marathon pace)	Off or easy cross-train	1.5-3 miles easy w/ 2 strides	5-6 miles w/ last 1 mile comfortably fast	16-21 miles
1	Off or cross-train	3-4 miles w/ 4 strides	1.5-3 miles easy	Off or walk	Off	1-2 miles easy w/ 2 strides	<b>Race: 13.1</b>	