

MONTH \_\_\_\_\_



# half marathon Beginner

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	<b>3 MILES</b> TIME:		<b>3 MILES</b> TIME:		<b>3 MILES</b> TIME:	<b>3 MILES</b> TIME:	
WEEK 2	<b>3 MILES</b> TIME:		<b>4 MILES</b> TIME:		<b>3 MILES</b> TIME:	<b>3 MILES</b> TIME:	
WEEK 3	<b>4 MILES</b> TIME:		<b>4 MILES</b> TIME:		<b>3 MILES</b> TIME:	<b>3 MILES</b> TIME:	
WEEK 4	<b>5 MILES</b> TIME:		<b>4 MILES</b> TIME:		<b>3 MILES</b> TIME:	<b>3 MILES</b> TIME:	
WEEK 5	<b>6 MILES</b> TIME:		<b>4 MILES</b> TIME:		<b>3 MILES</b> TIME:	<b>3 MILES</b> TIME:	
WEEK 6	<b>7 MILES</b> TIME:		<b>5 MILES</b> TIME:		<b>4 MILES</b> TIME:	<b>4 MILES</b> TIME:	
WEEK 7	<b>9 MILES</b> TIME:		<b>5 MILES</b> TIME:		<b>4 MILES</b> TIME:	<b>4 MILES</b> TIME:	
WEEK 8	<b>9 MILES</b> TIME:		<b>5 MILES</b> TIME:		<b>4 MILES</b> TIME:	<b>4 MILES</b> TIME:	

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	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 9	<b>10 MILES</b> TIME:		<b>6 MILES</b> TIME:		<b>4 MILES</b> TIME:	<b>4 MILES</b> TIME:	
WEEK 10	<b>10 MILES</b> TIME:		<b>6 MILES</b> TIME:		<b>5 MILES</b> TIME:	<b>4 MILES</b> TIME:	
WEEK 11	<b>10 MILES</b> TIME:		<b>6 MILES</b> TIME:		<b>5 MILES</b> TIME:	<b>4 MILES</b> TIME:	
WEEK 12	<b>11 MILES</b> TIME:		<b>6 MILES</b> TIME:		<b>5 MILES</b> TIME:	<b>4 MILES</b> TIME:	
WEEK 13	<b>11 MILES</b> TIME:		<b>6 MILES</b> TIME:		<b>5 MILES</b> TIME:	<b>5 MILES</b> TIME:	
WEEK 14	<b>8 MILES</b> TIME:		<b>6 MILES</b> TIME:		<b>5 MILES</b> TIME:	<b>4 MILES</b> TIME:	
WEEK 15	<b>7 MILES</b> TIME:		<b>5 MILES</b> TIME:		<b>3 MILES</b> TIME:	<b>3 MILES</b> TIME:	
WEEK 16	<b>4 MILES</b> TIME:		<b>3 MILES</b> TIME:		<b>3 MILES</b> TIME:	WALK 3 TIME:	<b>HALF MARATHON TOMORROW!</b>

## BEGINNERS HALF MARATHON TRAINING PLAN:

For those who are unable to jog the full distance, start by walking for 10 minutes, then jog for 1 minute, walk for 3 minutes. *Repeat this plan 4-6 times, and then walk the remainder of the distance.*

**Week 2:** Repeat the warm-up (*week 1*), then jog for 1 minute, walk for 3 minutes. *Repeat 8 times.*

**Week 3:** You want to repeat the plan of *week 2*, while making sure that each jog lasts 2 minutes, with a 3-minute walking break in the middle.

**Week 4:** Continue with the same plan as *week 3*, this time adding another minute to each run.

Each week you want to add one more minute to your run. Gradually, the run time will take over the entire time, and you will be running the entire distance.

The most important factor is to make sure that you complete the distance one way or another, whether it's running, brisk walking, or turtle walking -- as long as you are moving -- because, on race day, you will have to finish the race and cross the finish line, no matter what. Even if you have to walk it!

Good Luck!