



**WORKING FOR A
HEALTHIER TN**



Half Marathon Training Plan

Please consult a physician before starting any exercise routine

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1	3 mi run	Rest	2 mi run	3 mi run + strength	Rest	4 mi run	30 min cross train
2	3 mi run	Rest	2 mi run	3 mi run + strength	Rest	4 mi run	30 min cross train
3	3.5 mi run	Rest	2 mi run	3.5 mi run + strength	Rest	5 mi run	30 min cross train
4	3.5 mi run	Rest	2 mi run	3.5 mi run + strength	Rest	5 mi run	30 min cross train
5	4 mi run	Rest	2 mi run	4 mi run + strength	Rest	6 mi run	30 min cross train
6	4 mi run	Rest	2 mi run	4 mi run + strength	Rest	5K Race	Rest
7	4.5 mi run	Rest	3 mi run	4.5 mi run + strength	Rest	7 mi run	30 min cross train
8	4.5 mi run	Rest	3 mi run	4.5 mi run + strength	Rest	8 mi run	30 min cross train
9	5 mi run	Rest	3 mi run	5 mi run + strength	Rest	10K Race	Rest
10	5 mi run	Rest	3 mi run	5 mi run + strength	Rest	9 mi run	30 min cross train
11	5 mi run	Rest	3 mi run	5 mi run + strength	Rest	10 mi run	30 min cross train
12	4 mi run	Rest	3 mi run	Rest	2 mi run	Rest	Half Marathon!