



Chattanooga Track Club
 HALF MARATHON TRAINING SCHEDULE
 BEGINNER PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1	2 mi easy	2 mi easy	XT	2 x 800	Rest / Easy 2	2 mi long	Rest	7-9
2	2 mi easy	2 mi easy	XT	2 x 800	Rest / Easy 2	3 mi long	Rest	8-10
3	3 mi easy	3 mi tempo	XT	3 x 800	Rest / Easy 3	4 mi long	Rest	11.5-13.5
4	3 mi easy	2 mi easy	XT	2 x 800	Rest / Easy 3	3 mi long	Rest	9-12
5	3 mi easy	3 mi tempo	XT	2 x 1200	Easy 3 / XT	4 mi long	Rest	12.25-15.25
6	3 mi easy	4 mi tempo	XT	4 x 800	Easy 3 / XT	6 mi long	Rest	15-18
7	4 mi easy	4 mi tempo	XT	2 x 1600	Easy 3 / XT	8 mi long	Rest	18-21
8	4 mi easy	3 mi tempo	XT	3 x 800	Easy 3 / XT	5 mi long	Rest	13.5-16.5
9	4 mi easy	4 mi tempo	XT	3 x 1200	Easy 4	8 mi long	Rest	22.25
10	5 mi easy	5 mi tempo	XT	5 x 800	Easy 4	8 mi long	Rest	24.5
11	3 mi easy	5 mi tempo	XT	3 x 1200	Easy 3	9 mi long	Rest	22.25
12	5 mi easy	3 mi tempo	XT	2 x 1600	Easy 4	7 mi long	Rest	21
13	5 mi easy	3 mi tempo	XT	6 x 800	Easy 3	9 mi long	Rest	23
14	5 mi easy	5 mi tempo	XT	4 x 1200	Easy 4	8 mi long	Rest	24.25
15	4 mi easy	3 mi tempo	XT	3 x 800	Easy 3	6 mi long	Rest	17.5
Race Week	3 mi easy	2 mi easy	XT	1 mi easy	Rest	Half Marathon	Rest	19.1

Week 1 is usually the next to last week of July.

Prior to week 1 you should build up your running to the point where you feel comfortable running 2 miles non stop. You should also be comfortable running a total of three days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two days a week, if you like. Listen to your body!

Key to schedule:

- Easy: run at an easy pace
- Tempo: warm up 1 mile, run at 1/2 marathon race tempo pace, cool down one mile
- Thursday: Track workout: Run at 10K pace, warm up and cool down 1 mile each, take walking/ jogging break between sets 1/2 lap. Example: on a 4 x 800 day, warm up 1 mile, then run a 800 meter lap at 10K pace, then jog 200 meters, then repeat 3 additional times. Finish with a one mile cool down.
- Long: run at a pace at least one-two minutes a mile slower than your intended race pace
- XT: cross train: Swim, bike, spin, strength, core, yoga