HALF MARATHON TRAINING SCHEDULE
BEGINNER PLAN

Week	Monday	Tuesday	Wednesday	Thursday Track	Friday	Saturday	Sunday	Total Mileage
	2 mi easy	2 mi easy	XT	2 x 800	Rest / Easy 2	2 mi long	Rest	7-9
	2 mi easy	2 mi easy	XT	2 x 800	Rest / Easy 2	3 mi long	Rest	8-10
	3 mi easy	3 mi tempo	XT	3 x 800	Rest / Easy 3	4 mi long	Rest	11.5-14.5
	3 mi easy	2 mi easy	XT	2 x 800	Rest / Easy 3	3 mi long	Rest	9-12
12	3 mi easy	3 mi tempo	XT	2 x 1200	Easy 3	4 mi long	Rest	15.25
11	3 mi easy	4 mi tempo	XT	4 x 800	Easy 3	6 mi long	Rest	18
10	4 mi easy	4 mi tempo	XT	2 x 1600	Easy 3	8 mi long	Rest	21
9	4 mi easy	3 mi tempo	XT	3 x 800	Easy 3	5 mi long	Rest	16.5
8	4 mi easy	4 mi tempo	XT	3 x 1200	Easy 4	8 mi long	Rest	22.25
7	5 mi easy	5 mi tempo	XT	5 x 800	Easy 4	9 mi long	Rest	25.5
6	3 mi easy	5 mi tempo	XT	3 x 1200	Easy 3	10 mi long	Rest	23.25
5	3 mi easy	3 mi tempo	XT	2 x 1600	Easy 4	8 mi long	Rest	20
4	5 mi easy	4 mi tempo	XT	6 x 800	Easy 3	10 mi long	Rest	25
3	3 mi easy	5 mi tempo	XT	4 x 1200	Easy 4	8 mi long	Rest	23
2	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

The first 4 weeks are intended as a more structured base building leading to the 12 week Half Marathon training plan. Prior to the week 12, you should build up your running to the point where you feel comfortable running a 4-5 mile long run and running at least 3 days a week.

During the training program be sure to take off at least one day a week from exercising. Listen to your body!

Key to schedule:
- **Easy:** run at an easy pace
- **Tempo:** 1 mile warm up, run at 1/2 marathon race tempo pace, one mile cool down
- **XT:** cross train: swim, bike, spin, strength, core, yoga
- **Thursday Track:** run at 5k 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, you should warm up a mile, then run a 800 meter lap at 5k pace, then jog 200 meters, then repeat process three 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

For more information on training programs, please visit www.BattlefieldMarathon.com.