

Half-marathon Training Plan for Beginners

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	3 Miles	Rest	3 Miles	Rest	3 Miles or Cross Train	6 Miles
2	Rest	3 Miles	Rest	3 Miles	Rest	3 Miles or Cross Train	7 Miles
3	Rest	4 Miles	Rest	4 Miles	Rest	3 Miles or Cross Train	8 Miles
4	Rest	4 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	9 Miles
5	Rest	4 Miles	Rest	4 Miles + 4 Strides	Rest	Rest	5K Race
6	Rest	4 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	9 Miles
7	Rest	5 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	10 Miles
8	Rest	5 Miles	3 Miles	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	10 Miles
9	Rest	5 Miles	3 Miles	5 miles + 4 Strides	Rest	3 Miles or Cross Train	11 Miles
10	Rest	5 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	12 Miles
11	Rest	4 Miles	Rest	4 Miles + 4 Strides	Rest	3 Miles or Cross Train	8 Miles
12	Rest	3 Miles	Rest	3 Miles + 4 Strides	Rest	2 Miles	13.1 Race!

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