



Half Marathon Training Program							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	rest	3 miles	CT	3 miles	rest	4 miles	EZ or CT
Week 2	rest	3 miles	CT	3 miles	rest	5 miles	EZ or CT
Week 3	rest	3 miles	CT	3 miles	rest	6 miles	EZ or CT
Week 4	rest	3 miles	CT	3 miles	rest	7 miles	EZ or CT
Week 5	rest	3 miles	CT	3 miles	rest	8 miles	EZ or CT
Week 6	rest	3 miles	CT	4 miles	rest	6 miles	EZ or CT
Week 7	rest	3 miles	CT	4 miles	rest	9 miles	EZ or CT
Week 8	rest	4 miles	CT	4 miles	rest	6 miles	EZ or CT
Week 9	rest	4 miles	CT	4 miles	rest	11 miles	EZ or CT
Week 10	rest	4 miles	CT	4 miles	rest	8 miles	EZ or CT
Week 11	rest	4 miles	CT	4 miles	rest	13 miles	EZ or CT
Week 12	rest	4 miles	CT	4 miles	rest	8 miles	EZ or CT
Week 13	rest	3 miles	CT	4 miles	rest	6 miles	EZ or CT
Week 14	rest	2 miles	CT	3 miles	rest	1/2 Marathon	
CT-Cross Train: participate in an easy cross training activity for 30-40 minutes							
EZ-Recovery: Walk at a comfortable pace							