

BEGINNER PLAN:

Date	Week(s) Until Race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Weekly Mileage
	14	Easy Pace 2 miles	Cross Training	Easy Pace 2 miles	Easy Pace 2 miles	Rest or Easy Cross Train	Long Run 3 miles	Rest or Easy Cross Train	9
	13	Easy Pace 2.5 miles	Cross Training	Easy Pace 2.5 miles	Easy Pace 2.5 miles	Rest or Easy Cross Train	Long Run 5 miles	Rest or Easy Cross Train	12.5
	12	Easy Pace 2.5 miles	Cross Training	Track 4 miles	Easy Pace 2.5 miles	Rest or Easy Cross Train	Long Run 6 miles	Rest or Easy Cross Train	15
	11	Easy Pace 3.5 miles	Cross Training	Track 4 miles	Easy Pace 3.5 miles	Rest or Easy Cross Train	Long Run 7 miles	Rest or Easy Cross Train	18
	10	Easy Pace 3 miles	Cross Training	Track 4 miles	Easy Pace 3 miles	Rest or Easy Cross Train	Long Run 3 miles	Rest or Easy Cross Train	13
	9	Easy Pace 4.5 miles	Cross Training	Track 5 miles	Easy Pace 4.5 miles	Rest or Easy Cross Train	Long Run 8 miles	Rest or Easy Cross Train	22
	8	Easy Pace 5 miles	Cross Training	Track 6 miles	Easy Pace 5 miles	Rest or Easy Cross Train	Long Run 9 miles	Rest or Easy Cross Train	25
	7	Easy Pace 6 miles	Cross Training	Track 6 miles	Easy Pace 6 miles	Rest or Easy Cross Train	Long Run 10 miles	Rest or Easy Cross Train	28
	6	Easy Pace 4 miles	Cross Training	Track 6.5 miles	Easy Pace 4 miles	Rest or Easy Cross Train	Long Run 7 miles	Rest or Easy Cross Train	21.5
	5	Easy Pace 7 miles	Cross Training	Track 6 miles	Easy Pace 7 miles	Rest or Easy Cross Train	Long Run 10 miles	Rest or Easy Cross Train	30
	4	Easy Pace 4 miles	Cross Training	Track 6 miles	Easy Pace 4 miles	Rest or Easy Cross Train	Long Run 8 miles	Rest or Easy Cross Train	22
	3	Easy Pace 8.5 miles	Cross Training	Easy Pace 8 miles	Easy Pace 8.5 miles	Rest or Easy Cross Train	Long Run 11 miles	Rest or Easy Cross Train	36
	2	Easy Pace 3 miles	Cross Training	Track 4 miles	Easy Pace 3 miles	Rest or Easy Cross Train	Long Run 6 miles	Rest or Easy Cross Train	16
	1	Easy Pace 3 miles	Cross Training	Easy Pace 3 miles	Easy Pace 3 miles or Easy Cross Train	Rest or Easy Cross Train	RACE DAY 13.1 miles	Easy Jog/ Walk 10-15 minutes	22.1

INTERMEDIATE PLAN:

If this isn't your first half marathon and you're looking to improve your performance, add a 6-week training build before starting our 14-week plan.

Date	Week(s) Until Race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Weekly Mileage
	14	Tempo Run 3 miles	Cross Training	Easy Pace 3 miles	Easy Pace 3 miles	Rest or Cross Train	Long Run 3 miles	Rest or Cross Train	12
	13	Tempo Run 6 miles	Cross Training	Easy Pace 4 miles	Easy Pace 3 miles	Rest or Cross Train	Long Run 5 miles	Rest or Cross Train	18
	12	Tempo Run 3.5 miles	Cross Training	Track 5 miles	Easy Pace 3 miles	Rest or Cross Train	Long Run 6 miles	Rest or Cross Train	17.5
	11	Tempo Run 4 miles	Cross Training	Track 5 miles	Easy Pace 4 miles	Rest or Cross Train	Long Run 7 miles	Rest or Cross Train	20
	10	Tempo Run 3.5 miles	Cross Training	Track 5 miles	Easy Pace 3.5 miles	Rest or Cross Train	Long Run 4 miles	Rest or Cross Train	16
	9	Tempo Run 5 miles	Cross Training	Track 6 miles	Easy Pace 5 miles	Rest or Cross Train	Long Run 8 miles	Rest or Cross Train	24
	8	Tempo Run 6 miles	Cross Training	Track 7 miles	Easy Pace 5.5 miles	Rest or Cross Train	Long Run 9 miles	Rest or Cross Train	27.5
	7	Tempo Run 7 miles	Cross Training	Track 6 miles	Easy Pace 7 miles	Rest or Cross Train	Long Run 10 miles	Rest or Cross Train	30
	6	Tempo Run 6 miles	Cross Training	Track 7.5 miles	Easy Pace 6 miles	Rest or Cross Train	Long Run 7 miles	Rest or Cross Train	26.5
	5	Tempo Run 7 miles	Cross Training	Easy Pace 7 miles	Easy Pace 7 miles	Rest or Cross Train	Long Run 11 miles	Rest or Cross Train	32
	4	Tempo Run 5 miles	Cross Training	Track 6 miles	Easy Pace 5 miles	Rest or Cross Train	Long Run 8 miles	Rest or Cross Train	24
	3	Tempo Run 8.5 miles	Cross Training	Easy Pace 8 miles	Easy Pace 8 miles	Rest or Cross Train	Long Run 11 miles	Rest or Cross Train	35.5
	2	Easy Pace 4 miles	Cross Training	Track 6 miles	Easy Pace 4 miles	Rest or Cross Train	Long Run 6 miles	Rest or Cross Train	20
	1	Easy Pace 3 miles	Cross Training	Track 4 miles	Easy Pace 3 miles	Rest or Easy Cross Train	RACE DAY 13.1 miles	Easy Jog/ Walk 10-15 minutes	23.1