



**Half Marathon Training Program  
Runner**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
Week 1	3	4	3	4	OFF or X Train	Long Run 3	OFF or X Train	17
Week 2	3	4	3	4	OFF or X Train	Long Run 4	OFF or X Train	18
Week 3	3	4	3	3	OFF or X Train	Long Run 5	OFF or X Train	18
Week 4	3	4	3	4	OFF or X Train	Long Run 6	OFF or X Train	20
Week 5	4	5	3	4	OFF or X Train	Long Run 5	OFF or X Train	21
Week 6	3	5	4	4	OFF or X Train	Long Run 7	OFF or X Train	23
Week 7	4	5	4	4	OFF or X Train	Long Run 5	OFF or X Train	25
Week 8	4	4	4	3	OFF or X Train	Long Run 8	OFF or X Train	20
Week 9	3	5	4	6	OFF or X Train	Long Run 6	OFF or X Train	25
Week 10	3	5	5	4	OFF or X Train	Long Run 10	OFF or X Train	27
Week 11	4	5	4	6	OFF or X Train	Long Run 8	OFF or X Train	28
Week 12	4	6	3	5	OFF or X Train	Long Run 12	OFF or X Train	30
Week 13	3	5	3	4	OFF or X Train	Long Run 9	OFF or X Train	28
Week 14	3	6	4	6	OFF or X Train	Long Run 13	OFF or X Train	31
Week 15	4	6	5	3	OFF or X Train	Long Run 8	OFF or X Train	32
Week 16	4	5	4	5	OFF or X Train	Long Run 10	OFF or X Train	26
Week 17	4	6	3	3	OFF or X Train	Long Run 13	OFF or X Train	29
Week 18	4	3	3	4	OFF or X Train	Long Run 8	OFF or X Train	24
Week 19	3	4	3	3	OFF or X Train	Long Run 6	OFF	19
Week 20	3	3	2	OFF	OFF	OFF	OFF	10
Week 21	Half Marathon 13.1	Walk 1	Walk 1-2	OFF	Walk 1—2	OFF	OFF	18.1

All runs should be done at a comfortable pace. You should be able to converse.  
 Long runs may be done either Saturday or Sunday.  
 Remember, do not double up on workouts. If you miss one, you miss one. So what!

489.1 Total Mileage