

COUCH TO HALF MARATHON TRAINING PROGRAM

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	RUN 30 MINS: WALK 1 MIN + RUN 2 MINS x 10	OFF	RUN 30 MINS: WALK 1 MIN + RUN 2 MINS x 10	STRENGTH TRAINING	OFF	LONG RUN: 2 MILES (RUN AS LONG AS YOU CAN WALK AS NEEDED)	OFF
2	RUN 30 MINS: WALK 1 MIN + RUN 3 MINS x 8	OFF	RUN 30 MINS: WALK 1 MIN + RUN 3 MINS x 8	STRENGTH TRAINING	RUN 30 MINS: WALK 1 MIN + RUN 3 MINS x 8	LONG RUN: 3 MILES	OFF
3	RUN 30 MINS: WALK 1 MIN + RUN 4 MINS x 6	OFF	RUN 30 MINS: WALK 1 MIN + RUN 4 MINS x 6	STRENGTH TRAINING	RUN 30 MINS: WALK 1 MIN + RUN 4 MINS x 6	LONG RUN: 4 MILES	OFF
4	RUN 2.5 MILES	OFF	RUN 3 MILES	CROSS TRAINING OR REST DAY	RUN 2.5 MILES	RUN 5 MILES	OFF
5	RUN 3 MILES	OFF	RUN 3 MILES	STRENGTH TRAINING	RUN 3 MILES	RUN 6 MILES	OFF
6	RUN 2.5 MILES	STRENGTH TRAINING	RUN 4 MILES	OFF	RUN 2.5 MILES	RUN 5 MILES	OFF
7	RUN 3 MILES	OFF	RUN 3 MILES	STRENGTH TRAINING	RUN 3 MILES	RUN 7 MILES	OFF
8	RUN 3 MILES	OFF	RUN 3 MILES	STRENGTH TRAINING	RUN 4 MILES	RUN 9 MILES	OFF
9	RUN 3 MILES	OFF	RUN 4 MILES	STRENGTH TRAINING	RUN 3 MILES	RUN 10 MILES	OFF
10	RUN 3 MILES	OFF	RUN 2 MILES	STRENGTH TRAINING	RUN 3 MILES	RUN 9 MILES	OFF
11	RUN 3 MILES	OFF	RUN: 2 MILES + 5 X 20-SECS STRIDES WITH 10-SECOND RESTS	STRETCH	RUN 2 MILES	RUN 7 MILES	OFF
12	RUN 3 MILES	OFF	STRETCH	RUN 2 MILES	OFF	RUN 2 MILES	RACE DAY! 13.1 Miles