

# Half Marathon Training Plan for Beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	cross-train	3 mile run	strength train	3 mile run	rest	4 mile run	rest/cross-train
2	cross-train	3 mile run	strength train	3 mile run	rest	5 mile run	rest/cross-train
3	cross-train	3 mile run	strength train	3 mile run	rest	6 mile run	rest/cross-train
4	cross-train	3 mile run	strength train	3 mile run	rest	7 mile run	rest/cross-train
5	cross-train	3 mile run	strength train	4 mile run	rest	8 mile run	rest/cross-train
6	cross-train	3 mile run	strength train	4 mile run	rest	9 mile run	rest/cross-train
7	cross-train	3 mile run	strength train	4 mile run	rest	10 mile run	rest/cross-train
8	cross-train	3 mile run	strength train	4 mile run	rest	11 mile run	rest/cross-train
9	cross-train	3 mile run	strength train	3 mile run	rest	12 mile run	rest/cross-train
10	cross-train	3 mile run	strength train	3 mile run	rest	10 mile run	rest/cross-train
11	cross-train	3 mile run	strength train	3 mile run	rest	7 mile run	rest/cross-train
12	cross-train	3 mile run	strength train	rest	rest	Race Day! 13.1 mile run	stretch/roll out