

fitness

COUCH-TO-13.1 HALF-MARATHON TRAINING PLAN: BEGINNERS

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Cross-train	Run/ walk 3 miles	Run/walk 3 miles	Run/ walk 2 miles	Rest	Run/ walk 4 miles	Run/ walk 2 miles
2	Cross-train	Run 3 miles	Run 2 miles	Run 2 miles	Rest	Run 5 miles	RR 2 miles
3	Cross-train	Run 3 miles	Run 2 miles	Run 3 miles	Rest	Run 6 miles	RR 2 miles
4	Cross-train	Run 3 miles	Run 2 miles: 1 mile easy, 1 hard	Run 3 miles	Rest	Run 3 miles	RR 4 miles
5	Cross-train	Run 3 miles	Run 2 miles hard	Run 3 miles	Rest	Run 7 miles	RR 3 miles
6	Cross-train	Run 4 miles	Run 2 miles hard	Run 4 miles	Rest	Run 8 miles	RR 3 miles
7	Cross-train	Run 4 miles	Run 3 miles	Run 4 miles	Rest	Run 9 miles	RR 3 miles
8	Cross-train	Run 4 miles	TR 4 miles: 1-mile warm-up	Run 5 miles	Rest	Run 11 miles	RR 3 miles
9	Cross-train	Run 5 miles	TR 4 miles: 1-mile warm-up	Run 5 miles	Rest	Run 7 miles	RR 3 miles
10	Cross-train	Run 3 miles	Run 3 miles	Run 4 miles	Rest	Run 2 miles	Race day

Cross-train Strength train, do yoga or no-impact cardio (like Spinning or elliptical) for 30 to 40 minutes.

Recovery run (RR)
Run at an easy, conversational pace.

Tempo run (TR) After the designated warm-up distance, run at a comfortably hard pace; jog the final mile.