



# FIRST-TIMER HALF MARATHON TRAINING SCHEDULE



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	REST	30	CROSS TRAIN	30	REST	CROSS TRAIN	40
2	REST	30	CROSS TRAIN	30	REST	CROSS TRAIN	50
3	REST	40	CROSS TRAIN	40	REST	CROSS TRAIN	50
4	REST	40	CROSS TRAIN	40	REST	CROSS TRAIN	60
5	REST	50	CROSS TRAIN	50	Run short and easy	CROSS TRAIN	5K Race
6	REST	50	CROSS TRAIN	50	REST	CROSS TRAIN	70
7	REST	55	CROSS TRAIN	55	Run short and easy	CROSS TRAIN	80
8	REST	55	CROSS TRAIN	55	Run short and easy	CROSS TRAIN	10K Race
9	REST	60	CROSS TRAIN	60	Run short and easy	CROSS TRAIN	90
10	REST	60	CROSS TRAIN	60	Run short and easy	CROSS TRAIN	100
11	REST	60	CROSS TRAIN	60	Run short and easy	CROSS TRAIN	80
12	REST	45	CROSS TRAIN	45	Run short and easy	REST	Half-Marathon Race Day!!

Congratulations on training for your first half-marathon! This schedule is designed using time rather than mileage. Just put on your running shoes, take a watch, and go! This schedule will get you to the finish line! If you plan to walk your race, you should add 50% onto the suggested time. Happy training!