

HALF MARATHON TRAINING PROGRAM - BEGINNER



	M	Tu	W	Th	F	Sa	Su
1	XT	3 Miles	XT/OFF	2 Miles	Rest	5 Miles	Rest
2	XT	3 Miles	XT/OFF	3 Miles	Rest	5 Miles	Rest
3	XT	4 Miles	XT/OFF	2 Miles	Rest	6 Miles	Rest
4	XT	4 Miles	XT/OFF	3 Miles	Rest	7 Miles	Rest
5	XT	4 Miles	XT/OFF	2 Miles	Rest	6 Miles	Rest
6	XT	4 Miles	XT/OFF	3 Miles	Rest	8 Miles	Rest

XT/OFF - Cross Train or Rest (your choice)
 WU - Warm Up (Walking)

connectrunclub.com

CD - Cool Down (Walking)
 XT - Cross Train

HALF MARATHON TRAINING PROGRAM - BEGINNER



	M	Tu	W	Th	F	Sa	Su
7	XT	4 Miles	XT/OFF	3 Miles	Rest	9 Miles	Rest
8	XT	4 Miles	XT/OFF	4 Miles	Rest	10 Miles	Rest
9	XT	5 Miles	XT/OFF	4 Miles	Rest	8 Miles	Rest
10	XT	5 Miles	XT/OFF	4 Miles	Rest	11 Miles	Rest
11	XT	4 Miles	XT/OFF	4 Miles	Rest	7 Miles	Rest
12	XT	4 Miles	OFF	3 Miles	Rest	Race Day!	

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