



Half Marathon Training

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 mile run	2 mile run or Cross Train	3 mile run	Rest	30 min Cross Train	4 mile run
2	Rest	3 mile run	2 mile run or Cross Train	3 mile run	Rest	30 min Cross Train	4 mile run
3	Rest	3.5 mile run	2 mile run or Cross Train	3.5 mile run	Rest	40 min Cross Train	5 mile run
4	Rest	3.5 mile run	2 mile run or Cross Train	3.5 mile run	Rest	40 min Cross Train	5 mile run
5	Rest	4 mile run	2 mile run or Cross Train	4 mile run	Rest	40 min Cross Train	6 mile run
6	Rest	4 mile run	2 mile run or Cross Train	4 mile run	Rest or easy run	Rest	5k Race
7	Rest	4.5 mile run	3 mile run or Cross Train	4.5 mile run	Rest	50 min Cross Train	7 mile run
8	Rest	4.5 mile run	3 mile run or Cross Train	4.5 mile run	Rest	50 min Cross Train	8 mile run
9	Rest	5 mile run	3 mile run or Cross Train	5 mile run	Rest or easy run	Rest	10k Race
10	Rest	5 mile run	3 mile run or Cross Train	5 mile run	Rest	60 min Cross Train	9 mile run
11	Rest	5 mile run	3 mile run or Cross Train	5 mile run	Rest	60 min Cross Train	10 mile run
12	Rest	4 mile run	3 mile run or Cross Train	2 mile run	Rest	Rest	Half Marathon

Cross Training is typically defined as an exercise regimen that uses several modes of training to develop a specific component of fitness. For example, weight training, hiking, swimming, biking, etc.