

# 11 Week HALF Marathon Training Plan

This half marathon-training program is designed for anyone who has the goal of finishing a half marathon and is not concerned about how fast your time will be. Runners who start this program need to be averaging at least 15 miles per week before starting. The key to this program is to follow the suggestions for both the running and cross training workouts in the program.

**XT** stands for cross training. These activities are aerobic based activities, which include swimming, biking/spinning, aerobics, etc.

**Off/stretch** days are resting and/or stretching which could include yoga, palates, etc (Do nothing that would cause excessive soreness or fatigue).

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 1	1	OFF	run 15-30 min	walk or XT 15-30 min	run 15-30 min	walk or XT 15-30 min	off/stretch**	3 miles
	2	OFF	run 20-35 min	walk or XT 20-35 min	run 20-35 min	walk or XT 20-35 min	off/stretch	4 miles
	3	OFF	run 25-40 min	walk or XT 25-40 min	run 25-40 min	walk or XT 25-40 min	off/stretch	5 miles
	4	OFF	run 15-30 min	walk or XT 15-30 min	run 15-30 min	walk or XT 15-30 min	off/stretch	3 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 2	5	OFF	run 20-35 min	walk or XT 20-35 min	run 20-35 min	walk or XT 20-35 min	off/stretch	6 miles
	6	OFF	run 25-40 min	walk or XT 25-40 min	run 25-40 min	walk or XT 25-40 min	off/stretch	7 miles
	7	OFF	run 30-45 min	walk or XT 30-45 min	run 30-45 min	walk or XT 30-45 min	off/stretch	8 miles
	8	OFF	run 20-35 min	walk or XT 20-35 min	run 20-35 min	walk or XT 20-35 min	off/stretch	4 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 3	9	OFF	run 25-40 min	walk or XT 20-35 min	run 25-40 min	walk or XT 20-35 min	off/stretch	10-12 miles
	10	OFF	run 15-30 min	walk or XT 15-30 min	run 15-30 min	walk or XT 15-30 min	off/stretch	5-6 miles

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 4	11	OFF	run 15-30 min	walk or XT 15-30 min	run 15-30 min	off/stretch	OFF	Half Marathon

**NOTES**

Training weeks can be changed to run Tues/Thurs and walk/ XT Mon/Wed if necessary. Always alternate a day of running with a day of Walk/XT.

The walk/xt days are extremely important for consistency, injury prevention and overall aerobic fitness. If you lift weights earlier in the week is better.

When in doubt ALWAYS choose lower end of times and mileage and remember a little walking early saves a lot of crawling later.

Uphill and downhill training can be very important but incorporate it on days other than your long runs.