

Half Marathon Training Guide

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Stretch & Strength	2.5 km run	3.25 km run	2.5 km run	rest	20 min cross	5 km run
2	Stretch & Strength	2.5 km run	3.75 km run	2.5 km run	rest	25 min cross	5 km run
3	Stretch & Strength	5 km run	3.5 km run	5 km run	rest	30 min cross	7.5 km run
4	Stretch & Strength	5 km run	3.5 km run	5 km run	rest	30 min cross	7.5 km run
5	Stretch & Strength	7 km run	3.5 km run	5 km run	rest	40 min cross	10 km run
6	Stretch & Strength	7 km run	3.5 km run	5 km run	rest	40 min cross	10 km run
7	Stretch & Strength	7 km run	3.5 km run	6 km run	rest	rest	5 km race pace
8	Stretch & Strength	8 km run	5 km run	8 km run	rest	50 min cross	11 km run
9	Stretch & Strength	8 km run	5 km run	8 km run	rest	50 min cross	12 km run
10	Stretch & Strength	8 km run	5 km run	8 km run	rest	50 min cross	10 km race
11	Stretch & Strength	8 km run	5 km run	8 km run	rest	60 min cross	14 km run
12	Stretch & Strength	8 km run	5 km run	8 km run	rest	60 min cross	16 km run
13	Stretch & Strength	8 km run	5 km run	8 km run	rest	60 min cross	18 km run
14	Stretch & Strength	6 km run	5 km run	3.5 km run	rest	rest	21 km race

Monday: Meant to be a rest day, depending on how you feel you can do some light weight training.

Cross- Training: Swimming, cycling, elliptical, any aerobic exercise that is not running.