



HALF MARATHON WEEK 1

Week 1

BEGINNER

Monday	REST
Tuesday	3 MILES
Wednesday	2 MILES
Thursday	3 MILES
Friday	REST
Saturday	30 MIN RUN
Sunday	4 MILES

Week 1

ADVANCED

Monday	3 MILES + HILLS
Tuesday	6 X HILL
Wednesday	3 MILES + HILLS
Thursday	40 MIN RUN
Friday	REST
Saturday	3 MILES
Sunday	90 MIN RUN

12 WEEK TRAINING SCHEDULE



HALF MARATHON WEEK 2

Week 2

BEGINNER

Monday	REST
Tuesday	3 MILES
Wednesday	2 MILES
Thursday	3 MILES
Friday	REST
Saturday	30 MIN RUN
Sunday	4 MILES

Week 2

ADVANCED

Monday	3 MILES + HILLS
Tuesday	7 x 400M @ 5K PACE
Wednesday	3 MILES + HILLS
Thursday	45 MIN RUN
Friday	REST
Saturday	3 MILES
Sunday	90 MIN RUN

12 WEEK TRAINING SCHEDULE



HALF MARATHON WEEK 3

Week 3

BEGINNER

Monday	REST
Tuesday	3.5 MILES
Wednesday	2 MILES
Thursday	3.5 MILES
Friday	REST
Saturday	40 MIN RUN
Sunday	5 MILES

Week 3

ADVANCED

Monday	3 MILES + HILLS
Tuesday	7 x HILL
Wednesday	3 MILES + HILLS
Thursday	30 MIN RUN
Friday	3 MILES
Saturday	REST
Sunday	5K RACE

12 WEEK TRAINING SCHEDULE



HALF MARATHON WEEK 4

Week 4

BEGINNER

Monday	REST
Tuesday	3.5 MILES
Wednesday	2 MILES
Thursday	3.5 MILES
Friday	REST
Saturday	40 MIN RUN
Sunday	5 MILES

Week 4

ADVANCED

Monday	3 MILES + HILLS
Tuesday	8 X 400M @ 5K PACE
Wednesday	3 MILES + HILLS
Thursday	40 MIN RUN
Friday	REST
Saturday	3 MILES
Sunday	1 HR 30 MIN RUN

12 WEEK TRAINING SCHEDULE



HALF MARATHON WEEK 5

Week 5

BEGINNER

Monday	REST
Tuesday	4 MILES
Wednesday	2 MILES
Thursday	4 MILES
Friday	REST
Saturday	40 MIN RUN
Sunday	6 MILES

Week 5

ADVANCED

Monday	3 MILES + HILLS
Tuesday	8 X HILL
Wednesday	3 MILES + HILLS
Thursday	45 MIN RUN
Friday	REST
Saturday	3 MILES
Sunday	1 HR 30 MIN RUN

12 WEEK TRAINING SCHEDULE



HALF MARATHON WEEK 6

Week 6

BEGINNER

Monday	3 MILES
Tuesday	4 MILES
Wednesday	2 MILES
Thursday	4 MILES
Friday	3 MILES
Saturday	REST
Sunday	5K RACE

Week 6

ADVANCED

Monday	3 MILES + HILLS
Tuesday	8 X 400M @ 5K PACE
Wednesday	3 MILES + HILLS
Thursday	30 MIN RUN
Friday	3 MILES
Saturday	3 MILES
Sunday	10K RACE

12 WEEK TRAINING SCHEDULE



HALF MARATHON WEEK 7

Week 7

BEGINNER

Monday	REST
Tuesday	4.5 MILES
Wednesday	3 MILES
Thursday	4.5 MILES
Friday	REST
Saturday	50 MIN
Sunday	7 MILES

Week 7

ADVANCED

Monday	3 MILES + HILLS
Tuesday	4 X 800M @ 10K PACE
Wednesday	3 MILES + HILLS
Thursday	45 MIN RUN
Friday	REST
Saturday	4 MILES
Sunday	1 HR 45 MIN RUN

12 WEEK TRAINING SCHEDULE



HALF MARATHON WEEK 8

Week 8

BEGINNER

Monday	REST
Tuesday	4.5 MILES
Wednesday	3 MILES
Thursday	4.5 MILES
Friday	REST
Saturday	50 MIN RUN
Sunday	8 MILES

Week 8

ADVANCED

Monday	3 MILES + HILLS
Tuesday	3 X 1600M RACE
Wednesday	3 MILES + HILLS
Thursday	50 MIN RUN
Friday	REST
Saturday	5 MILES
Sunday	1 HR 45 MIN RUN

12 WEEK TRAINING SCHEDULE



HALF MARATHON WEEK 9

Week 9

BEGINNER

Monday	4 MILES
Tuesday	5 MILES
Wednesday	3 MILES
Thursday	5 MILES
Friday	4 MILES
Saturday	REST
Sunday	10K RACE

Week 9

ADVANCED

Monday	3 MILES + HILLS
Tuesday	5 X 800M @ 10K PACE
Wednesday	3 MILE S+ HILLS
Thursday	30 MIN RUN
Friday	3 MILES
Saturday	REST
Sunday	15K RACE

12 WEEK TRAINING SCHEDULE



HALF MARATHON

WEEK 10

Week 10

BEGINNER

Monday	REST
Tuesday	6 MILES
Wednesday	3 MILES
Thursday	5 MILES
Friday	REST
Saturday	1 HOUR RUN
Sunday	9 MILES

Week 10

ADVANCED

Monday	3 MILES + HILLS
Tuesday	4 X 1600M RACE
Wednesday	3 MILES + HILLS
Thursday	55 MIN RUN
Friday	REST
Saturday	5 MILES
Sunday	2 HR RUN

12 WEEK TRAINING SCHEDULE



HALF MARATHON WEEK 11

Week 11

BEGINNER

Monday	REST
Tuesday	7 MILES
Wednesday	3 MILES
Thursday	5 MILES
Friday	REST
Saturday	1 HOUR RUN
Sunday	10 MILES

Week 11

ADVANCED

Monday	3 MILES + HILLS
Tuesday	6 X 800M @ 10K PACE
Wednesday	3 MILES + HILLS
Thursday	60 MIN RUN
Friday	REST
Saturday	3 MILES
Sunday	2 HR RUN

12 WEEK TRAINING SCHEDULE



HALF MARATHON

WEEK 12

Week 12

BEGINNER

Monday	REST
Tuesday	4 MILES
Wednesday	3 MILES
Thursday	2 MILES
Friday	REST
Saturday	RACE DAY!

Week 12

ADVANCED

Monday	3 MILES + HILLS
Tuesday	6 X 400M @ 5K PACE
Wednesday	2 MILES + HILLS
Thursday	30 MIN RUN
Friday	REST
Saturday	RACE DAY!

12 WEEK TRAINING SCHEDULE