Beginner's Run/Walk Half Marathon Training Schedule

Opt for this half marathon training schedule if you're new to running and/or haven't been working out regularly in the last six months. If you're a true running first-timer, follow the (A) time periods; if you've been hitting the pavement a couple times a week, go for the (B) options.

FYI: The number to the left of the "/" indicates the length of time (in minutes) to run, while the number to the right of the "/" indicates the length of time (in minutes) to walk. For example, the (A) <u>workout</u> for the first week of the schedule reads 3/2, which means you should run for 3 minutes, walk for 2 minutes. The workouts for running on Mondays and Wednesdays are time based. For example, Monday of the first week reads 30 - 36 minutes. If you're following the (A) schedule, you'd run-walk for 30 minutes; if you're doing the (B) plan, you'd run-walk for 36 minutes. The mileage listed is the max distance you should go, so for Monday of Week 1, you'd run/walk for three miles or 30/36 minutes, whichever comes first.

To read the workout key:

Cross-Train: Non-weight bearing activity. Examples are biking, swimming, rowing, or elliptical trainer. You want to maintain and build on your aerobic fitness, while also giving your body a rest from the wear and tear of running.

Easy Run: This is a recovery run, so if you're training with a heart rate monitor, stay in the 65 to 70 percent zone.

Long: This is a long, slow distance run, also known as a 'fat burning run'; keep a pace that makes it easy to maintain a conversation.

Week	Sunday (Rest)	Monday (Easy)	Tuesday (Cross Train)	Wednesday (Easy)	Thursday (Cross Train)	Friday (Rest)	Saturday (Long)
1	Rest	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30-40 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30-40 Minutes	Rest	4 Miles (A) 3/2 (B) 4/2
2	Rest	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30-40 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30-40 Minutes	Rest	5 Miles (A) 3/2 (B) 4/2
3	Rest	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30-40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30-40 Minutes	Rest	6 Miles (A) 3/2 (B) 4/2
4	Rest	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30-40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30-40 Minutes	Rest	7 Miles (A) 3/2 (B) 4/2
5	Rest	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30-40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	45-50 Minutes	Rest	4 Miles (A) 3/2 (B) 4/2
6	Rest	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30-40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	45-50 Minutes	Rest	8 Miles (A) 3/2 (B) 4/2
7	Rest	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	30-40 Minutes	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	45-50 Minutes	Rest	9 Miles (A) 3/2 (B) 4/2
8	Rest	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	35-45 Minutes	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	45-50 Minutes	Rest	6 Miles (A) 3/2 (B) 4/2
9	Rest	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	35-45 Minutes	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	45-50 Minutes	Rest	10 Miles (A) 3/2 (B) 4/2
10	Rest	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	35-45 Minutes	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	45-50 Minutes	Rest	7 Miles (A) 3/2 (B) 4/2
11	Rest	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	35-45 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	45-50 Minutes	Rest	6 Miles (A) 3/2 (B) 4/2
12	Rest	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	Rest	13.1 Miles Race day! Run/Walk (A) 3/2 (B) 4/2