



# Half Marathon Training for Beginner Runners

Week	Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	8/2 - 8/8	2	3	rest	3	XT*	4	rest
2	8/9 - 8/15	2	3	rest	3	XT	4	rest
3	8/16 - 8/22	2	3.5	rest	3.5	XT	5	rest
4	8/23 - 8/29	2	3.5	rest	3.5	XT	5	rest
5	8/30 - 9/5	2	4	rest	4	XT	6	rest
6	9/6 - 9/12	2	4	rest	4	XT	6	rest
7	9/13 - 9/19	3	4.5	rest	4.5	XT	7	rest
8	9/20 - 9/26	3	4.5	rest	4.5	XT	8	rest
9	9/27 - 10/3	3	5	rest	5	XT	6	rest
10	10/4 - 10/10	3	5	rest	5	XT	9	rest
11	10/11 - 10/17	3	5	rest	5	XT	10	rest
12	10/18 - 10/23	3	4	rest	2	rest	13.1	

\*XT denotes days set aside for CROSS TRAINING. For more information visit our training website for details.

**Got Support?** Sign up for the **FREE** half marathon training program to get the tools, tips, and words of wisdom to help you get to the finish line! Visit [www.swhalf.com](http://www.swhalf.com) for info.

*Consult your doctor before beginning any exercise program.*