

HOW TO USE THIS PLAN

Each week contains seven daily activities. Do the runs in order adding in rest and crosstraining as desired. We suggest shorter runs Monday, and Thursday with crosstraining on Wednesdays and Fridays. Use the weekends for a long run and rest. Crosstraining options include: swimming, walking, cycling, or core work. HR/PE = Heart rate / perceived exertion.

August 25 - 31

1

- Run 1 - 40 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 6 x 90 second Hill repeats at 80-85% HR/PE, recovery downhill at 60-75% HR/PE. Run 5:00 easy cool down.
- Run 3 - Long Run: Run 5 miles at 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days

SEPTEMBER 1 - 7

2

- Run 1 - 40 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 12 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - Long Run: Run 6 miles at 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days

SEPTEMBER 8 - 14

3

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 8 x 90 second Hill Repeats at 80-85% HR/PE, recovery downhill at 60-75% HR/PE. Run 5:00 easy cool down.
- Run 3 - Long Run: Run 7 miles at 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days

SEPTEMBER 15 - 21

4

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 16 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - Long Run: Run 8 miles at 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days



HALF MARATHON TRAINING - BEGINNER 12 WEEK PLAN

5

SEPTEMBER 22 - 28

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 10 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - Long Run: Run 9 miles at 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days

6

SEPTEMBER 29 - OCT 5

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 4 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - Long Run Down Week: Run 2 miles at 60-70% HR/PE. Run 4 Mile Tempo at 80% HR/PE. Run 1 mile at 60-75% HR/PE
- 2 Crosstrain days
- 2 Rest days

**YOU CAN DO THIS!
YOU'RE HALFWAY THERE!**

7

OCTOBER 6 - 12

- Run 1 - 1 hour 5 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 12 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down
- Run 3 - Long Run: Run 10 miles at a comfortable pace. 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days

8

OCTOBER 13 - 19

- Run 1 - 1 hour 10 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 5 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - Long Run Down Week: Run 2 miles at 60-70% HR/PE. Run 5 Mile Tempo at 80% HR/PE. Run 1 miles at 60-75% HR/PE
- 2 Crosstrain days
- 2 Rest days

HALF MARATHON TRAINING - BEGINNER 12 WEEK PLAN

9

OCTOBER 20 - 26

- Run 1 - 1 hour 15 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 3 x 1 mile at 80-85% HR/PE. Walk / Jog 3:00 recovery between. Run 1 mile cool down.
- Run 3 - Long Run: Run 11 miles at 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days

10

OCTOBER 27 - Nov 2

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 6 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - Long Run: Run 12 Miles at 65-75% HR/PE.
- 2 Crosstrain days
- 2 Rest days

11

NOVEMBER 3 - 9

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 4 x 1 mile at 80-85% HR/PE. Walk / jog 3:00 recovery between. Run 1 mile cool down.
- Run 3 - Long Run: Run 7 miles at 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days

12

RACE WEEK

- Run 1 Monday - 30 minutes at 60-70% HR/PE
- Rest Day Tuesday
- Run 2 Wednesday - 10 minutes warm up at 60-70% HR/PE. Run 8 x 1 minute at 75-80% HR/PE followed by 1:00 recovery jogs at 60-75% HR/PE. Run 5:00 easy cool down
- Rest Day Thursday
- Run 3 Friday - 20 minutes at 60-70% HR/PE
- Training Complete! Saturday is Race Day!!

