

HALF MARATHON BEGINNER

IMPORTANT TO WARM UP & COOL DOWN - HAVE A REST DAY BETWEEN RUN DAYS

12	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MONDAY	REST	REST	REST	REST	REST	REST
TUESDAY	Total Time: 30 Mins Warm Up 5 Mins Brisk Walk RUN 20 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 45 Mins Warm Up 5 Mins Brisk Walk RUN 35 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 45 Mins Warm Up 5 Mins Brisk Walk RUN 35 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.
WEDNESDAY	REST	REST	REST	REST	REST	REST
THURSDAY	Total Time: 30 Mins Warm Up 5 minute Brisk Walk RUN 20 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 30 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 30 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 45 Mins Warm Up 5 minute Brisk Walk RUN 35 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 45 Mins Warm Up 5 minute Brisk Walk RUN 35 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 40 Minutes - Easy Cool Down 5 minute easy walk.
FRIDAY	REST	REST	REST	REST	REST	REST
SATURDAY	REST	REST	REST	REST	REST	REST
SUNDAY	Warm Up 5 minute Brisk Walk RUN 3 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 4 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 6 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 60 Mins None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 7 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 8 Miles None Stop Cool Down 5 minute easy walk.

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IMPORTANT TO WARM UP & COOL DOWN - HAVE A REST DAY BETWEEN RUN DAYS

12	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MONDAY	REST	REST	REST	REST	REST	REST
TUESDAY	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 55 Mins Warm Up 5 Mins Brisk Walk RUN 45 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 55 Mins Warm Up 5 Mins Brisk Walk RUN 45 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.
WEDNESDAY	REST	REST	REST	REST	REST	REST
THURSDAY	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 40 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 60 Mins Warm Up 5 minute Brisk Walk RUN 50 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 65 Mins Warm Up 5 minute Brisk Walk RUN 55 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 60 Mins Warm Up 5 minute Brisk Walk RUN 50 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 55 Mins Warm Up 5 minute Brisk Walk RUN 45 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 40 Minutes - Easy Cool Down 5 minute easy walk.
FRIDAY	REST	REST	REST	REST	REST	REST
SATURDAY	REST	REST	REST	REST	REST	REST
SUNDAY	Warm Up 5 minute Brisk Walk RUN 75 Mins None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 10 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 75 Mins None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 12 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 6 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 13.1 Miles None Stop Cool Down 5 minute easy walk.