



1/2 MARATHON TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16	2 MILE RUN	CROSS TRAIN	3 MILE TEMPO RUN	CROSS TRAIN	REST	4 MILE LONG RUN	REST OR CROSS TRAIN
15	2 MILE RUN	CROSS TRAIN	3 MILE TEMPO RUN	CROSS TRAIN	REST	4 MILE LONG RUN	REST OR CROSS TRAIN
14	3 MILE RUN	CROSS TRAIN	3 MILE TEMPO RUN	CROSS TRAIN	REST	5 MILE LONG RUN	REST OR CROSS TRAIN
13	3 MILE RUN	CROSS TRAIN	3 MILE TEMPO RUN	CROSS TRAIN	REST	5 MILE LONG RUN	REST OR CROSS TRAIN
12	3 MILE RUN	CROSS TRAIN	3 MILE TEMPO RUN	CROSS TRAIN	REST	5 MILE LONG RUN	REST OR CROSS TRAIN
11	4 MILE RUN	CROSS TRAIN	4 MILE TEMPO RUN	CROSS TRAIN	REST	6 MILE LONG RUN	REST OR CROSS TRAIN
10	4 MILE RUN	CROSS TRAIN	4 MILE TEMPO RUN	CROSS TRAIN	REST	6 MILE LONG RUN	REST OR CROSS TRAIN
09	4 MILE RUN	CROSS TRAIN	5 MILE TEMPO RUN	CROSS TRAIN	REST	7 MILE LONG RUN	REST OR CROSS TRAIN
08	4 MILE RUN	CROSS TRAIN	5 MILE TEMPO RUN	CROSS TRAIN	REST	7 MILE LONG RUN	REST OR CROSS TRAIN



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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07	4 MILE RUN	CROSS TRAIN	5 MILE TEMPO RUN	CROSS TRAIN	REST	7 MILES OR A 5K RACE	REST OR CROSS TRAIN
06	5 MILE RUN	CROSS TRAIN	5 MILE TEMPO RUN	CROSS TRAIN	REST	8 MILE LONG RUN	REST OR CROSS TRAIN
05	5 MILE RUN	CROSS TRAIN	5 MILE TEMPO RUN	CROSS TRAIN	REST	9 MILE LONG RUN	REST OR CROSS TRAIN
04	5 MILE RUN	CROSS TRAIN	5 MILE TEMPO RUN	CROSS TRAIN	REST	10 MILE LONG RUN	REST OR CROSS TRAIN
03	5 MILE RUN	CROSS TRAIN	5 MILE TEMPO RUN	CROSS TRAIN	REST	11 MILE LONG RUN	REST OR CROSS TRAIN
02	5 MILE RUN	CROSS TRAIN	5 MILE TEMPO RUN	CROSS TRAIN	REST	12 MILE LONG RUN	REST OR CROSS TRAIN
01	4 MILE RUN	CROSS TRAIN	4 MILE TEMPO RUN	CROSS TRAIN	REST	8 MILE LONG RUN	REST OR CROSS TRAIN
RACE WEEK!!	3 MILE RUN	CROSS TRAIN	REST	CROSS TRAIN	REST	RACE DAY	



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TERMS & IMPORTANT CONCEPTS

CROSS TRAINING

Cross training is important to half marathon training. It helps build endurance and lung capacity, without putting the additional stress on your legs. It's very important to NOT run on cross training days. Pick another activity, such as biking, swimming, elliptical, rowing, etc. Cross training should last about an hour. Consider gym classes.

STRENGTH TRAINING

The key to stronger running isn't running more. It's strength training. You should engage in core strength training at least twice per week during your half marathon training journey. Do this after a run or on a cross training day after you exercise.

REST

It's imperative that you rest on rest days. Your muscles undergo a lot of stress when you run. Your body needs time to rebuild those muscle fibers and get ready for the next run.

MENTOR

You will be assigned a Mentor from the Victoria Area Road Runners Association (VARRA). This person will help you keep your training on track and answer any training questions you may have along the way. They will also help you determine appropriate pace for your training.

TEMPO RUNS

Tempo runs are done at a pace that is slightly faster than your expected race pace.

LONG RUNS

Long runs are runs that are ran at a slower pace than your expected race pace. These runs are designed to build endurance and get your legs and feet prepared for distance running.