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Sample Half Marathon Training Plan

To begin training, you must be able to run 3 miles without stopping. You should be running at least three times a week, 10-12 total miles per week. The plan focuses on slow, steady improvement and includes two days per week of cross-training to build endurance and actively rest running muscles.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30 min moderate	30-40 min crosstrain	30 min easy	Rest	30-40 min Crosstrain	4 mile run conversational	Rest
Week 2	30 min moderate	30-40 min crosstrain	30 min easy	Rest	30-40 min Crosstrain	5 mile run conversational	Rest
Week 3	35 min moderate	30-40 min crosstrain	35 min easy	Rest	30-40 min Crosstrain	6 mile run conversational	Rest
Week 4	35 min moderate	30-40 min crosstrain	35 min easy	Rest	30-40 min Crosstrain	5 mile run conversational	Rest
Week 5	40 min moderate	30-40 min crosstrain	40 min easy	Rest	30-40 min Crosstrain	6 mile run conversational	Rest
Week 6	40 min moderate	30-40 min crosstrain	40 min easy	Rest	30-40 min Crosstrain	8 mile conversational	Rest
Week 7	45 min moderate	30-40 min crosstrain	45 min easy	Rest	30-40 min Crosstrain	7 mile run conversational	Rest
Week 8	45 min moderate	30-40 min crosstrain	45 min easy	Rest	30-40 min Crosstrain	9 mile run conversational	Rest
Week 9	50 min moderate	30-40 min crosstrain	50 min easy	Rest	30-40 min Crosstrain	8 mile run conversational	Rest
Week 10	50 min moderate	30-40 min crosstrain	50 min easy	Rest	30-40 min Crosstrain	10 mile run conversational	Rest
Week 11	45 min moderate	30-40 min crosstrain	50 min easy	Rest	30-40 min Crosstrain	8 mile run conversational	Rest
Week 12	40 min moderate	30-40 min crosstrain	30 min easy	Rest	30-40 min Crosstrain	Half Marathon	Rest

KEY:

Conversational: 65-70% of maximum heart rate (MHR) or a perceived exertion (PE) level of 6 on scale of 1-10.

Easy: 70-75% of max HR or PE 7.

Moderate: 80-85% of MHR or PE 8.

Cross-training: strength training and/or cardio work other than running and walking, such as cycling, swimming, or elliptical training. Try to stay at 65-75% of max HR or PE of 7.

Warmup: Use an active warmup and walk five minutes at an easy pace before every run.

Cooldown: Walk five minutes at an easy pace and stretch/foam roll after every run.

This plan does not have you running more than 10 miles as a long run. It is better for first-time half marathoners to not push past a comfort level. Better to arrive at race day fresh and injury free than to push past the limit and never get there!

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