



Half Marathon

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	5 miles	3 miles	rest	Cross Training	4 miles	3 miles	rest
2	6 miles	3 miles	rest	Cross Training	5 miles	3 miles	rest
3	7 miles	3 miles	rest	Cross Training	5 miles	3 miles	rest
4	7 miles	3 miles	rest	Cross Training	5 miles	3 miles	rest
5	5 miles	3 miles	rest	Cross training	4 miles	4 miles	rest
6	8 miles	4 miles	rest	Cross Training	5 miles	2 miles	rest
7	10 miles	4 miles	rest	Cross Training	3 miles	4 miles	rest
8	6 miles	4 miles	rest	Cross Training	4 miles	2 miles	rest
9	9 miles	3 miles	rest	Cross Training	5 miles	4 miles	rest
10	5 miles	3miles	rest	Cross training	7 miles	Cross Training	rest
11	10 miles	2 miles (recovery run)	rest	Cross training	3 miles	rest	rest
12	13 miles	2miles (recovery run)	rest	rest	5 miles	Cross Training	rest
13	9 miles	3 miles	rest	Cross training	5 miles	5 miles	rest
14	11 miles	3 miles	rest	Cross training	6 miles	4 miles	rest
15	5 miles	3 miles	6 miles	rest	rest	rest	Shake up run, 2 miles
16	Race Day 13 miles	2 miles (recovery run)	rest	rest	rest	3 miles	rest