

18-WEEK BEGINNER'S HALF MARATHON TRAINING SCHEDULE

Week	MON	TUES (RUN)	WED (CROSS TRAIN)	THURS (RUN)	FRI	SAT (LONG RUN)	SUN (SLOW PACE)
1	rest	3 miles	15 mins	3 miles	rest	3 miles	3 miles
2	rest	4 miles	20 mins	3 miles	rest	4 miles	3 miles
3	rest	4 miles	30 mins	4 miles	rest	5 miles	3 miles
4	rest	4 miles	30 mins	4 miles	rest	6 miles	3 miles
5	rest	4 miles	35 mins	3 miles	rest	6 miles	3 miles
6	rest	3 miles	40 mins	4 miles	rest	4 miles	3 miles

CROSS TRAINING IS ANY EXERCISE OTHER THAN RUNNING.

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Week	MON	TUES (RUN)	WED (CROSS TRAIN)	THURS (RUN)	FRI	SAT (LONG RUN)	SUN (SLOW PACE)
7	rest	3 miles	15 mins	3 miles	rest	8 miles	3 miles
8	rest	4 miles	20 mins	3 miles	rest	4 miles	3 miles
9	rest	4 miles	30 mins	4 miles	rest	9 miles	3 miles
10	rest	4 miles	30 mins	4 miles	rest	4 miles	3 miles
11	rest	4 miles	35 mins	3 miles	rest	11 miles	3 miles
12	rest	5 miles	40 mins	4 miles	rest	6 miles	3 miles

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Week	MON	TUES (RUN)	WED (CROSS TRAIN)	THURS (RUN)	FRI	SAT (LONG RUN)	SUN (SLOW PACE)
13	rest	4 miles	15 mins	4 miles	rest	12 miles	3 miles
14	rest	5 miles	20 mins	5 miles	rest	6 miles	3 miles
15	rest	4 miles	30 mins	4 miles	rest	7 miles	3 miles
16	rest	4 miles	30 mins	4 miles	rest	12 miles	3 miles
17	rest	4 miles	35 mins	4 miles	rest	5 miles	3 miles
18	rest	4 miles	30 mins	3 miles	Run 15 mins slow pace	rest	Half Marathon Race!

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