

Half Marathon

12-WEEK TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ONE	2 KM (OR 1.2 MILES)	REST DAY	POSSIBLE WEIGHT TRAINING DAY	2 KM (OR 1.2 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	3 KM (OR 1.9 MILES)	REST DAY
WEEK TWO	2 KM (OR 1.2 MILES)	REST DAY	POSSIBLE WEIGHT TRAINING DAY	3.5 KM (OR 2.2 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	5 KM (OR 3.1 MILES)	REST DAY
WEEK THREE	3.5 KM (OR 2.2 MILES)	REST DAY	POSSIBLE WEIGHT TRAINING DAY	3.5 KM (OR 2.2 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	7 KM (OR 4.4 MILES)	REST DAY
WEEK FOUR	3.5 KM (OR 2.2 MILES)	REST DAY	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	9 KM (OR 5.6 MILES)	REST DAY
WEEK FIVE	5 KM (OR 3.1 MILES)	3.5 KM (OR 2.2 MILES)	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	11 KM (OR 6.9 MILES)	REST DAY
WEEK SIX	5 KM (OR 3.1 MILES)	3.5 KM (OR 2.2 MILES)	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	13 KM (OR 8.1 MILES)	REST DAY
WEEK SEVEN	5 KM (OR 3.1 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	15 KM (OR 9.3 MILES)	REST DAY
WEEK EIGHT	5 KM (OR 3.1 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	17 KM (OR 10.6 MILES)	REST DAY
WEEK NINE	5 KM (OR 3.1 MILES)	7.5 KM (OR 4.7 MILES)	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	19 KM (OR 11.8 MILES)	REST DAY
WEEK TEN	5 KM (OR 3.1 MILES)	7.5 KM (OR 4.7 MILES)	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 4.7 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	21 KM (OR 13.1 MILES)	REST DAY
WEEK ELEVEN	7.5 KM (OR 4.7 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	7.5 KM (OR 4.7 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	11 KM (OR 6.9 MILES)	REST DAY
WEEK TWELVE	5 KM (OR 3.1 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	3.5 KM (OR 2.2 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	HM RACE DAY 21 KM (OR 13.1 MILES)	REST DAY