

# 8 - WEEK

# Half Marathon

## TRAINING PLAN

| WEEK       | MONDAY                   | TUESDAY                  | WEDNESDAY                             | THURSDAY                 | FRIDAY                                  | SATURDAY                                       | SUNDAY   |
|------------|--------------------------|--------------------------|---------------------------------------|--------------------------|---|--|----------|
| WEEK ONE   | 5 KM<br>(OR 3.1 MILES)   | 3.5 KM<br>(OR 2.2 MILES) | POSSIBLE<br>WEIGHT<br>TRAINING<br>DAY | 5 KM<br>(OR 3.1 MILES)   | POSSIBLE<br>LOW IMPACT<br>CARDIO<br>DAY | 6 KM<br>(OR 3.7 MILES)                         | REST DAY |
| WEEK TWO   | 5 KM<br>(OR 3.1 MILES)   | 3.5 KM<br>(OR 2.2 MILES) | POSSIBLE<br>WEIGHT<br>TRAINING<br>DAY | 5 KM<br>(OR 3.1 MILES)   | POSSIBLE<br>LOW IMPACT<br>CARDIO<br>DAY | 9 KM<br>(OR 5.6 MILES)                         | REST DAY |
| WEEK THREE | 5 KM<br>(OR 3.1 MILES)   | 5 KM<br>(OR 3.1 MILES)   | POSSIBLE<br>WEIGHT<br>TRAINING<br>DAY | 5 KM<br>(OR 3.1 MILES)   | POSSIBLE<br>LOW IMPACT<br>CARDIO<br>DAY | 12 KM<br>(OR 7.5 MILES)                        | REST DAY |
| WEEK FOUR  | 5 KM<br>(OR 3.1 MILES)   | 5 KM<br>(OR 4.7 MILES)   | POSSIBLE<br>WEIGHT<br>TRAINING<br>DAY | 5 KM<br>(OR 3.1 MILES)   | POSSIBLE<br>LOW IMPACT<br>CARDIO<br>DAY | 15 KM<br>(OR 9.3 MILES)                        | REST DAY |
| WEEK FIVE  | 5 KM<br>(OR 3.1 MILES)   | 7.5 KM<br>(OR 4.7 MILES) | POSSIBLE<br>WEIGHT<br>TRAINING<br>DAY | 5 KM<br>(OR 3.1 MILES)   | POSSIBLE<br>LOW IMPACT<br>CARDIO<br>DAY | 18 KM<br>(OR 11.2 MILES)                       | REST DAY |
| WEEK SIX   | 5 KM<br>(OR 3.1 MILES)   | 7.5 KM<br>(OR 4.7 MILES) | POSSIBLE<br>WEIGHT<br>TRAINING<br>DAY | 5 KM<br>(OR 3.1 MILES)   | POSSIBLE<br>LOW IMPACT<br>CARDIO<br>DAY | 21 KM<br>(OR 13.1 MILES)                       | REST DAY |
| WEEK SEVEN | 7.5 KM<br>(OR 4.7 MILES) | 5 KM<br>(OR 3.1 MILES)   | POSSIBLE<br>WEIGHT<br>TRAINING<br>DAY | 7.5 KM<br>(OR 4.7 MILES) | POSSIBLE<br>LOW IMPACT<br>CARDIO<br>DAY | 12 KM<br>(OR 7.5 MILES)                        | REST DAY |
| WEEK EIGHT | 5 KM<br>(OR 3.1 MILES)   | 5 KM<br>(OR 3.1 MILES)   | POSSIBLE<br>WEIGHT<br>TRAINING<br>DAY | 3.5 KM<br>(OR 2.2 MILES) | POSSIBLE<br>LOW IMPACT<br>CARDIO<br>DAY | <b>HM RACE DAY</b><br>21 KM<br>(OR 13.1 MILES) | REST DAY |