

10 - WEEK

Half Marathon

TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ONE	3.5 KM (OR 2.2 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	3.5 KM (OR 2.2 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	6 KM (OR 3.7 MILES)	REST DAY
WEEK TWO	3.5 KM (OR 2.2 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	3.5 KM (OR 2.2 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	8 KM (OR 5 MILES)	REST DAY
WEEK THREE	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	10 KM (OR 6.2 MILES)	REST DAY
WEEK FOUR	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	12 KM (OR 7.5 MILES)	REST DAY
WEEK FIVE	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	14 KM (OR 8.7 MILES)	REST DAY
WEEK SIX	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	16 KM (OR 10 MILES)	REST DAY
WEEK SEVEN	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	18 KM (OR 11.2 MILES)	REST DAY
WEEK EIGHT	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	20 KM (OR 12.4 MILES)	REST DAY
WEEK NINE	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	12 KM (OR 7.5 MILES)	REST DAY
WEEK TEN	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