

CHOOSING BALANCE HALF MARATHON TRAINING PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY	3 miles	3 miles	4 miles	4 miles	5 miles
TUESDAY	1 quick mile + cross training	1 quick mile + cross training	cross training	2 quick miles + cross training	2 quick miles + cross training
WEDNESDAY	Rest	Rest	5 miles	5 miles	5 miles
THURSDAY	3 miles	4 miles	3 easy miles and cross training	Rest	cross training
FRIDAY	1 mile and crossing training	2 easy miles and cross training	Rest	3-4 easy miles	Rest
SATURDAY	Long Run: 4 miles	Long Run: 5 miles	Long Run 6 miles	Long Run: 7 miles	Long Run- 8 miles
SUNDAY	Rest	Rest	Rest	Rest	Rest

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	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
MONDAY	5 miles	5 miles	6 miles	6 miles	4 miles
TUESDAY	3 quick miles + cross training	3 quick miles + cross training	2 quick miles + cross training	2 quick miles + cross training	cross training
WEDNESDAY	6 miles	5 tempo miles	4 tempo miles	3 tempo miles	3 easy miles
THURSDAY	2 easy miles + cross training	cross training	cross training	cross training	Rest
FRIDAY	Rest	Rest	Rest	Rest	Easy Run 3 miles
SATURDAY	Long Run- 9 miles	Long Run- 10 miles	Long Run- 11-12 miles	Easy Run- 5 miles	Rest
SUNDAY	Rest	Rest	Rest	Rest	Race Day!