

20-week Half Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 Mins (Run 1 Min, Walk 2 Mins x 10)	Cross Training – 30Mins	30 Mins (Run 1 Min, Walk 2 Mins x 10)	Rest	Cross Training – 30Mins	3 Miles (Run 1 Min, Walk 2 Mins)	Rest
2	30 Mins (Run 1 Min, Walk 2 Mins x 10)	Cross Training – 30Mins	28 Mins (Run 2 Mins, Walk 2 Mins x 7)	Rest	Cross Training – 30Mins	3 Miles (Run 1 Min, Walk 2 Mins)	Rest
3	28 Mins (Run 2 Mins, Walk 2 Mins x 7)	Cross Training – 30Mins	28 Mins (Run 2 Mins, Walk 2 Mins x 7)	Rest	Cross Training – 30Mins	4 Miles (Run 2 Mins, Walk 2 Mins)	Rest
4	28 Mins (Run 2 Mins, Walk 2 Mins x 7)	Cross Training – 30Mins	30 Mins (Run 3 Mins, Walk 2 Mins x 6)	Rest	Cross Training – 30Mins	4 Miles (Run 2 Mins, Walk 2 Mins)	Rest
5	30 Mins (Run 3 Mins, Walk 2 Mins x 6)	Cross Training – 30Mins	30 Mins (Run 3 Mins, Walk 2 Mins x 6)	Rest	Cross Training – 30Mins	4 Miles (Run 2 Mins, Walk 2 Mins)	Rest
6	30 Mins (Run 3 Mins, Walk 2 Mins x 6)	Cross Training – 30Mins	30 Mins (Run 4 Mins, Walk 2 Mins x 5)	Rest	Cross Training – 30Mins	5 Miles (Run 3 Mins, Walk 2 Mins)	Rest
7	30 Mins (Run 4 Mins, Walk 2 Mins x 5)	Cross Training – 30Mins	30 Mins (Run 4 Mins, Walk 2 Mins x 5)	Rest	Cross Training – 30Mins	5 Miles (Run 3 Mins, Walk 2 Mins)	Rest
8	30 Mins (Run 4 Mins, Walk 2 Mins x 5)	Cross Training – 30Mins	30 Mins (Run 4 Mins, Walk 2 Mins x 5)	Rest	Cross Training – 30Mins	6 Miles (Run 4 Mins, walk 2 Mins)	Rest
9	30 Mins (Run 5 Mins, Walk 1 Min x 6)	Cross Training – 30Mins	30 Mins (Run 4 Mins, Walk 2 Mins x 5)	Rest	Cross Training – 30Mins	6 Miles (Run 4 Mins, walk 2 Mins)	Rest
10	30 Mins (Run 5 Mins, Walk 1 Min x 6)	Cross Training – 30Mins	30 Mins (Run 5 Mins, Walk 1 Min x 6)	Rest	Cross Training – 30Mins	4 Miles (Run 4 Mins, Walk 1 Min)	Rest
11	36 Mins (Run 5 Mins, Walk 1 Min x 6)	Cross Training – 30Mins	36 Mins (Run 5 Mins, Walk 1 Min x 6)	Rest	Cross Training – 30Mins	7 Miles (Run 4 Mins, Walk 1 Min)	Rest
12	30 Mins (Run 5 Mins, Walk 1 Min x 6)	Cross Training – 30Mins	35 Mins (Run 6 Mins, Walk 1 Min x 5)	Rest	Cross Training – 30Mins	8 Miles (Run 4 Mins, Walk 1 Min)	Rest
13	35 Mins (Run 6 Mins, Walk 1 Min x 5)	Cross Training – 30Mins	35 Mins (Run 6 Mins, Walk 1 Min x 5)	Rest	Cross Training – 30Mins	5 Miles (Run 5 Mins, Walk 1 Min)	Rest
14	35 Mins (Run 6 Mins, Walk 1 Min x 5)	Cross Training – 30Mins	40 Mins (Run 7 Mins, Walk 1 Min x 5)	Rest	Cross training – 30Mins	9 Miles (Run 5 Mins, Walk 1 Min)	Rest
15	40 Mins (Run 7 Mins, Walk 1 Min x 5)	Cross Training – 30Mins	40 Mins (Run 7 Mins, Walk 1 Min x 5)	Rest	Cross Training – 30Mins	6 Miles (Run 6 Mins, Walk 1 Min)	Rest
16	40 Mins (Run 7 Mins, Walk 1 Min x 5)	Cross Training – 30Mins	36 Mins (Run 8 Mins, Walk 1 Min x 4)	Rest	Cross Training – 30Mins	10 Miles (Run 6 Mins, Walk 1 Min)	Rest
17	45 Mins (Run 8 Mins, Walk 1 Min x 5)	Cross Training – 30Mins	45 Mins (Run 8 Mins, Walk 1 Min x 5)	Rest	Cross Training – 30Mins	7 Miles (Run 7 Mins, Walk 1 Min)	Rest
18	45 Mins (Run 8 Mins, Walk 1 Min x 5)	Cross Training – 30Mins	44 Mins (Run 10 Mins, Walk 1 Min x 4)	Rest	Cross Training – 30Mins	10 Miles (Run 7 Mins, Walk 1 Min)	Rest
19	44 Mins (Run 10 Mins, Walk 1 Min x 4)	Cross Training – 30Mins	44 Mins (Run 10 Mins, Walk 1 Min x 4)	Rest	Cross Training – 30Mins	6 Miles (Run 8 Mins, Walk 1 Min)	Rest
20	44 Mins (Run 10 Mins, Walk 1 Min x 4)	Cross Training – 30Mins	44 Mins (Run 10 Mins, Walk 1 Min x 4)	Rest	Cross Training – 30Mins	Rest	Half Marathon