

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 Mile Run	2 Mile Run or Cross	3 Mile Run	Rest	30 Minute Cross	4 Mile Run
2	Rest	3 Mile Run	2 Mile Run or Cross	3 Mile Run	Rest	30 Minute Cross	4 Mile Run
3	Rest	3.5 Mile Run	2 Mile Run or Cross	3.5 Mile Run	Rest	40 Minute Cross	5 Mile Run
4	Rest	3.5 Mile Run	2 Mile Run or Cross	3.5 Mile Run	Rest	40 Minute Cross	5 Mile Run
5	Rest	4 Mile Run	2 Mile Run or Cross	4 Mile Run	Rest	40 Minute Cross	6 Mile Run
6	Rest	4 Mile Run	2 Mile Run or Cross	4 Mile Run	Rest	Rest	6 Mile Run
7	Rest	4.5 Mile Run	3 Mile Run or Cross	4.5 Mile Run	Rest	50 Minute Cross	7 Mile Run
8	Rest	4.5 Mile Run	3 Mile Run or Cross	4.5 Mile Run	Rest	50 Minute Cross	8 Mile Run
9	Rest	5 mile Run	3 Mile Run or Cross	5 Mile Run	Rest	Rest	8 Mile Run
10	Rest	5 mile Run	3 Mile Run or Cross	5 Mile Run	Rest	60 Minute Cross	9 Mile Run
11	Rest	5 mile Run	3 Mile Run or Cross	5 Mile Run	Rest	60 Minute Cross	10 Mile Run
12	Rest	4 Mile Run	3 Mile Run or Cross	2 Mile Run	Rest	Rest	Half Marathon

HALF MARATHON TRAINING PLAN

For Begginers

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