

Half Marathon 12 week/3 month Training Plan

	M	T	W	Th	F	Sat	Sun
1	Rest	30 min	Crosstrain (or 2 mile)	30 min	Rest	2 miles	4 miles
2	Rest	30 min	Crosstrain (or 2 mile)	30 min	Rest	2 miles	4 miles
3	Rest	30 min	Crosstrain (or 2 mile)	30 min	Rest	3 miles	5 miles
4	Rest	30 min	Crosstrain (or 2 mile)	30 min	Rest	3 miles	6 miles
5	Rest	35 min	Crosstrain (or 2 mile)	35 min	Rest	4 miles	7 miles
6	Rest	35 min	Crosstrain (or 3 mile)	35 min	Rest	2 miles	4 miles
7	Rest	35 min	Crosstrain (or 3 mile)	35 min	Rest	3 miles	9 miles
8	Rest	35 min	Crosstrain (or 3 mile)	35 min	Rest	3 miles	10 miles
9	Rest	40 min	Crosstrain (or 3 mile)	40 min	Rest	4 miles	11 miles
10	Rest	40 min	Crosstrain (or 3 mile)	40 min	Rest	4 miles	12 miles
11	Rest	40 min	Crosstrain (or 3 mile)	40 min	Rest	3 miles	6 miles
12	Rest	40 min	Crosstrain (or 3 mile)	40 min	Rest	Rest	13.1!!!