

# Half-Marathon Training Schedule:

Wk	Date	Short Run	Short Run	Long Run
1		0.5 mi	0.75 mi	1.5 mi
2		1 mi	1 mi	2 mi
3		1.5 mi	1.5 mi	2.5 mi
4		2 mi	2 mi	3 mi
5		1 mi	1 mi	2 mi
6		2 mi (Interval)	3 mi	4 mi
7		2 mi (Interval)	3 mi (Tempo)	5 mi
8		2 mi (Interval)	3 mi	6 mi
9		2 mi (Interval)	3 mi (Tempo)	4 mi
10		2 mi (Interval)	4 mi	7 mi
11		2 mi (Interval)	4 mi (Tempo)	8 mi
12		2 mi (Interval)	4 mi	9 mi
13		2 mi (Interval)	4 mi (Tempo)	7 mi
14		2 mi (Interval)	5 mi	10 mi
15		2 mi (Interval)	5 mi (Tempo)	11 mi
16		2 mi (Interval)	5 mi	12 mi
17		2 mi (Interval)	5 mi (Tempo)	8 mi
18		4 mi	2 mi	13.1 mi

**As you can see, this is an 18-week schedule that calls for three runs a week. You'll start off slow, with just mile, and build over time. Rest or cross-train on days in between. Don't try to run two days in a row. The goal on interval runs is to push yourself for short intervals (run fast for about 200 meters at a time, then walk or jog in between). The goal on tempo runs is to keep a steady but quick pace for the entire run. Go slow on all other days, especially on the long run. You can let your kids jog with you, or ride their bikes alongside. Have fun, and don't hurt yourself.**