

TEN-WEEK HALF-MARATHON TRAINING SCHEDULE:

Wk	Dates	Short Run	Medium Run	Long Run	Weight
1		.5 mi	1 mi	2 mi	
2		1 mi	1.5 mi	3 mi	
3		1 mi	2 mi	4 mi	
4		1.5 mi	3 mi	5 mi	
5		2 mi	3 mi	6 mi	
6		1 mi	2 mi	7 mi	
7		2 mi	4 mi	8 mi	
8		3 mi	5 mi	10 mi	
9		2 mi	4 mi	8 mi	
10		2 mi	3 mi	13.1 mi	

Plan includes 3 runs a week with rest or cross-training on non-running days. Focus on speed during short run, tempo during medium run, and take the long, endurance run at a slow, comfortable stride. Blessings!

© 2014 by Jennifer Flanders. For more free, family-friendly printables, please visit www.flandersfamily.info

TEN-WEEK HALF-MARATHON TRAINING SCHEDULE:

Wk	Dates	Short Run	Medium Run	Long Run	Weight
1		.5 mi	1 mi	2 mi	
2		1 mi	1.5 mi	3 mi	
3		1 mi	2 mi	4 mi	
4		1.5 mi	3 mi	5 mi	
5		2 mi	3 mi	6 mi	
6		1 mi	2 mi	7 mi	
7		2 mi	4 mi	8 mi	
8		3 mi	5 mi	10 mi	
9		2 mi	4 mi	8 mi	
10		2 mi	3 mi	13.1 mi	

Plan includes 3 runs a week with rest or cross-training on non-running days. Focus on speed during short run, tempo during medium run, and take the long, endurance run at a slow, comfortable stride. Blessings!

© 2014 by Jennifer Flanders. For more free, family-friendly printables, please visit www.flandersfamily.info