

12 week 1/2 Marathon Training Plan (aka Relay to Half Plan)

This half marathon training program is designed for anyone who has the goal of finishing a half marathon and is not concerned about how fast their time will be. Runners who start this program need to be averaging at least 10 miles per week before starting. The key to this program is to follow the suggestions for both the running and cross training workouts in the program.

XT stands for cross training. These activities are aerobically based and could include swimming, biking/spinning, or walking.

Off/Stretch days are resting and/or stretching and could include yoga, pilates, etc (Do nothing that would cause excessive soreness or fatigue)

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 1	1	OFF	run 15-30 min	walk or XT 15-30 min	run 15-30 min	walk or XT 15-30 min	off/stretch	4 miles
	2	OFF	run 20-35 min	walk or XT 20-35 min	run 20-35 min	walk or XT 20-35 min	off/stretch	5 miles
	3	OFF	run 25-40 min	walk or XT 25-40 min	run 25-40 min	walk or XT 25-40 min	off/stretch	6 miles
	4	OFF	run 15-30 min	walk or XT 15-30 min	run 15-30 min	walk or XT 15-30 min	off/stretch	3 miles
Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 2	5	OFF	run 20-35 min	walk or XT 20-35 min	run 20-35 min	walk or XT 20-35 min	off/stretch	7 miles
	6	OFF	run 25-40 min	walk or XT 25-40 min	run 25-40 min	walk or XT 25-40 min	off/stretch	8 miles
	7	OFF	run 30-45 min	walk or XT 30-45 min	run 30-45 min	walk or XT 30-45 min	off/stretch	9 miles
	8	OFF	run 20-35 min	walk or XT 20-35 min	run 20-35 min	walk or XT 20-35 min	off/stretch	5 miles
Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 3	9	OFF	run 25-40 min	walk or XT 20-40 min	run 25-40 min	walk or XT 25-40 min	off/stretch	10 miles
	10	OFF	run 30-45 min	walk or XT 30-45 min	run 30-45 min	walk or XT 30-45 min	off/stretch	12 miles
	11	OFF	run 25-40 min	walk or XT 25-40 min	run 25-40 min	walk or XT 25-40 min	off/stretch	6 miles
	12	OFF	run 15-30 min	walk or XT 15-30 min	run 15-30 min	walk or XT 15-30 min	off/stretch	Half Marathon