Beginner's Schedules for Half-Marathon

TWELVE WEEK PROGRAM
INTERMEDIATE RUNNERS

HALF-MARATHON TRAINING SCHEDULE

Week	Monday Easy	Tuesday Moderate	Wed Easy	Thursday Moderate	Friday Rest	Sat Easy	Sunday Long	Total Miles
1	3	3	5	5	0	4	8	28
2	3	5	3	6	0	4	9	30
3	3	6	3	6	0	4	7	29
4	3	6	3	6	0	4	10	32
5	3	7	3	7	0	4	11	35
6	3	7	3	7	0	4	9	33
7	3	8	3	8	0	4	13	39
8	3	8	3	8	0	4	13	39
9	3	8	3	8	0	4	14	40
10	3	9	4	9	0	4	10	39
11	3	8	3	8	0	4	8	36
12	3	4	3	2	0	0	13.1	25.1

Tuesday or Thursday runs should incorporate half-marathon pace