Base Training

For those of you who are not yet confident in running 30 minutes straight, we've included this six-week training plan to build your base fitness. Following this schedule prior to starting the ten-week half marathon training schedule will improve your endurance and fitness, making the half marathon training easier on your body.

This plan has you building your running base by alternating between running a few minutes and walking a few minutes. For example, in Week 1, Monday's workout interval is run 2 minutes, walk 1 minute—you'll do that for 21 minutes.

After six weeks, it's time to test your fitness level with a 5K! This is the exciting part—seeing the result of all your hard. You can find a local 5K race to complete or you run it on your own. The test run will help you assess how long it will take you to complete your half marathon—just take your 5K time and plug it into the half marathon pace-predictor chart. Then, it's time to move on to one of the Half Marathon Training Plans!

week	m	t	w	t	f	s	s
1	**21 min** run 2/walk 1	**30 min** stroll	**24 min** run 2/walk 1	**30 min** run 2/walk 1	rest	**36 min** run 2/walk 1	**30 min** cross training
2	**24 min** run 3/walk 1	**30 min** stroll	**32 min** run 3/walk 1	**36 min** run 3/walk 1	rest	**40 min** run 3/walk 1	**30 min** cross training
3	**30 min** run 4/walk 1	**30 min** stroll	**35 min** run 4/walk 1	**40 min** run 4/walk 1	rest	**5 min** run 4/walk 1	**30 min** cross training
4	**35 min** run 4/walk 1	**30 min** stroll	**40 min** run 4/walk 1	**45 min** run 4/walk 1	rest	**50 min** run 4/walk 1	**30 min** cross training
5	**40 min** run 5/walk 1	**30 min** stroll	**45 min** run 5/walk 1	**55 min** run 5/walk 1	rest	**60 min** run 5/walk 1	**30 min** cross training
6	**48 min** run 5/walk 1	**30 min** stroll	**42 min** run 5/walk 1	**30 min** stroll	rest	**3.1 miles** 5k test run	rest

Half Marathon Training Plan

This is it! The start of your half marathon journey. We've prepared a basic ten-week training schedule that includes easy and intense days, workouts, and rest days. Feel free to rearrange the workouts within each week to fit your schedule, just be sure you have at least one complete rest day (no activity) and one cross training day per week.

Thursdays are hard workout days. You can choose between one of the intense workouts (Fartlek, Hill, Tempo, Interval) described in our guide. Complete these to the best of your ability—you should find them easier to complete as the training progresses.

Saturdays are long run days—you'll see that Saturday's distance increases slowly in the first month, then increases by one mile per week, capping out at 10 miles the week before the race. If you are able to easily run 4 miles at the start of your training, feel free to adjust the increases for the long run distance to match your fitness level. Example >> Week 1 long distance = 5 miles, then increase by a mile each week; on this schedule, Week 9 long distance = 13 miles—or taper down to 10 miles.

week	m	t	w	t	f	s	s
1	3 miles easy	30 min cross training	strength & core	3 miles intense	rest	4 miles easy	30 min cross training
2	3 miles easy	2 miles easy	strength & core	3 miles intense	rest	4 miles easy	30 min cross training
3	3.5 miles easy	2 miles easy	strength & core	3.5 miles intense	rest	5 miles easy	30 min cross training
4	3.5 miles easy	2 miles easy	strength & core	3.5 miles intense	rest	5 miles **easy**	30 min cross training
5	4 miles easy	2 miles easy	strength & core	4 miles intense	rest	6 miles easy	30 min cross training
6	4.5 miles easy	3 miles easy	strength & core	4.5 miles intense	rest	7 miles **easy**	30 min cross training
7	4.5 miles easy	3 miles easy	strength & core	4.5 miles intense	rest	8 miles easy	30 min cross training
8	5 miles easy	3 miles easy	strength & core	5 miles intense	rest	9 miles easy	30 min cross training
9	5 miles easy	3 miles easy	strength & core	5 miles intense	rest	10 miles easy	30 min cross training
10	3 miles easy	3 miles easy	30 min cross training	2 miles easy	rest	**half marathon race weekend!**	

Half Marathon Run/Walk Training Plan

This is it! The start of your half marathon journey. We've prepared a basic ten-week training schedule that will help you run/walk the race. Many racers use a run/walk strategy to complete the whole course well under the minute-per mile race maximum. That maximum pace is actually just a brisk walk—most people could walk the entire course and still finish in time. Check your race information to see how long the course will be open. Most races allow up to four hours; that's 18 minutes per mile.

This plan has you building your running base by alternating between running a few minutes and walking a few minutes. For example, in Week 1, Monday's workout is a series of intervals (run 2 minutes, walk 2 minutes) and you'll do that for 1 mile. These workouts will increase in length and the interval times will also increase, increasing your endurance and fitness.

Twice a week you will take an easy walk—a Stroll. This would be comfortable, easy walking. The purpose is simply to be out walking around.

Once a week you will complete a Power Walk. This is a very brisk walk. The purpose is to increase your heart rate and stretch your endurance.

Feel free to rearrange the workouts within each week to fit your schedule, just be sure you have at least one complete rest day (no activity) per week.

week	m	t	w	t	f	s	s
1	1 mile run 2/walk 2	30 min stroll	30 min power walk	1.5 mile run 2/walk 2	rest	2 miles run 2/walk 2	30 min stroll
2	1 mile run 2/walk 2	30 min stroll	30 min power walk	2 miles run 2/walk 2	rest	3 miles run 2/walk 2	30 min stroll
3	2 miles run 3/walk 3	30 min stroll	30 min power walk	2.5 miles run 3/walk 3	rest	4 miles run 3/walk 3	30 min stroll
4	2 miles run 3/walk 3	30 min stroll	30 min power walk	3 miles run 3/walk 3	rest	5 miles run 3/walk 3	30 min stroll
5	3 miles run 4/walk 4	30 min stroll	30 min power walk	3 miles run 4/walk 4	rest	6 miles run 4/walk 4	30 min stroll
6	3 miles run 4/walk 4	30 min stroll	30 min power walk	3 miles run 4/walk 4	rest	7 miles run 4/walk 4	30 min stroll
7	3 miles run 4/walk 4	30 min stroll	30 min power walk	4 miles run 4/walk 4	rest	8 miles run 4/walk 4	30 min stroll
8	4 miles run 5/walk 5	30 min stroll	30 min power walk	4 miles run 5/walk 5	rest	9 miles run 5/walk 5	30 min stroll
9	4 miles run 5/walk 5	30 min stroll	30 min power walk	5 miles run 5/walk 5	rest	10 miles run 5/walk 5	30 min stroll
10	3 miles run 5/walk 5	30 min stroll	30 min stroll	2 miles run 5/walk 5	rest	**half marathon race weekend!**	

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