

## Improvers' Half-Marathon Training Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1</b>	Rest	3mile / 25min Run	Rest	2.5mile at Race Pace	Rest	4mile / 40min Run	2.5mile Easy
<b>Week 2</b>	Rest	3mile / 25min Run	Rest	3mile at Race Pace	Alternate Exercise / Rest	5mile / 50min Run	2.5mile Easy or 30min Walk
<b>Week 3</b>	Rest	3.5mile / 35min Run	Cross Train / Alternate Exercise	3mile at Race Pace	Rest	6mile / 1hour Run	3mile Easy or 30-40min Walk
<b>Week 4</b>	Rest	3.5mile / 35min Run	Cross Train / Alternate Exercise	4mile at Race Pace	Rest	7mile / 70min Run	3mile Easy or 30-40min Walk
<b>Week 5</b>	Rest	4mile / 40min Run	Cross Train / Alternate Exercise	3mile at Race Pace	Rest	8mile / 80min Run	3.5mile Easy or 30-40min Walk
<b>Week 6</b>	Rest	4mile / 40min Run	Cross Train / Alternate Exercise	4mile at Race Pace	Rest	9mile / 90min Run	3.5mile Easy or 30-40min Walk
<b>Week 7</b>	Rest	4mile / 40min Run	Cross Train / Alternate Exercise	4mile at Race Pace	Alternate Exercise / Rest	10mile / 1hr 40min Run	4mile Easy or 30-40min Walk
<b>Week 8</b>	Rest	4.5mile / 45min Run	Cross Train / Alternate Exercise	3mile at Race Pace	Rest	8mile / 80min or 10k Race	4mile Easy or 30-40min Walk
<b>Week 9</b>	Rest	5mile / 50min Run	Cross Train / Alternate Exercise	4mile at Race Pace	Rest	9-10mile / 90min+ Run	3mile Easy or 30-40min Walk
<b>Week 10</b>	Rest	4.5mile / 45min Run	Cross Train / Alternate Exercise	3mile at Race Pace	Alternate Exercise / Rest	12mile / 1hr 40min Run	3mile Easy or 30-40min Walk
<b>Week 11</b>	Rest	4mile / 40min Run	Rest	3mile at Race Pace	Alternate Exercise / Rest	5mile / 45- 50min Run	2.5mile Easy or 30min Walk
<b>Week 12</b>	Rest	2mile / 20min Run	30min Easy	Rest	20min Very Easy	<b>Race Day</b>	<b>Relax!</b>