



NOVICE HALF MARATHON TRAINING CALENDAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	2 mile run	Walk 10 minutes and Strength Day	3 mile run	2 mile run	Rest	4 mile run	Walk 15 minutes and Mobility Day
WEEK 2	2.5 mile run	Walk 10 minutes and Strength Day	3 mile run	2 mile run	Rest	5 mile run	Walk 15 minutes and Mobility Day
WEEK 3	3 mile run	Walk 10 minutes and Strength Day	3 mile run	3 mile run	Rest	5 mile run	Walk 15 minutes and Mobility Day
WEEK 4	3 mile run	Walk 10 minutes and Strength Day	3 mile run	3 mile run	Rest	6 mile run	Walk 15 minutes and Mobility Day
WEEK 5	3 mile run	Walk 10 minutes and Strength Day	3 mile run	3 mile run	Rest	4 mile run	Walk 15 minutes and Mobility Day
WEEK 6	3 mile run	Walk 10 minutes and Strength Day	4 mile run	3 mile run	Rest	6 miles run	Walk 15 minutes and Mobility Day
WEEK 7	3 mile run	Walk 10 minutes and Strength Day	4 mile run	3 mile run	Rest	7 miles run	Walk 15 minutes and Mobility Day
WEEK 8	3 mile run	Walk 10 minutes and Strength Day	3 mile run	3 mile run	Rest	5 miles run	Walk 15 minutes and Mobility Day
WEEK 9	4 mile run	Walk 10 minutes and Strength Day	4 mile run	3 mile run	Rest	8 miles run	Walk 15 minutes and Mobility Day
WEEK 10	4 mile run	Walk 10 minutes and Strength Day	5 mile run	4 mile run	Rest	9 miles run	Walk 15 minutes and Mobility Day
WEEK 11	3 mile run	Walk 10 minutes and Strength Day	4 mile run	3 mile run	Rest	7 miles run	Walk 15 minutes and Mobility Day
WEEK 12	4 mile run	Walk 10 minutes and Strength Day	5 mile run	4 mile run	Rest	10 miles run	Walk 15 minutes and Mobility Day
WEEK 13	3 mile run	Walk 10 minutes and Strength Day	3 mile run	3 mile run	Rest	5 miles run	Walk 20 minutes
WEEK 14	3 mile run	Walk 20 minutes	3 mile run	2 mile run	Rest	Walk 20 minutes	RACE DAY!