

CHICK-FIL-A CORINTH HALF MARATHON

20-WEEK BEGINNER TRAINING PLAN

■ Race Week / Long Run Day	■ Quality / Speed Workout	■ Rest or Recovery	■ Stretch / Mobility
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WK	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	Jun 22	20 min run/walk 10x (1 min walk, 1 min run) — Easy Effort	<i>Stretch / Mobility</i>	30 min run/walk 10x (1 min walk, 2 min run) — Easy Effort	<i>Rest</i>	<i>Stretch / Mobility</i>	2 miles 1 min walk, 3 min run — Easy Effort
19	Jun 28	35 min run/walk 8x (1 min walk, 3 min run) — Easy Effort Cooldown: 3 min walk	<i>Stretch / Mobility</i>	32 min run/walk 8x (1 min walk, 3 min run) — Easy Effort	<i>Rest</i>	<i>Stretch / Mobility</i>	2.5 miles 1 min walk, 3 min run — Easy Effort
18	Jul 5	35 min run/walk 8x (1 min walk, 3 min run) — Easy Effort Cooldown: 3 min walk	<i>Stretch / Mobility</i>	40 min run/walk 10x (1 min walk, 3 min run) — Easy Effort	<i>Rest</i>	<i>Stretch / Mobility</i>	3.5 miles 1 min walk, 5 min run — Easy Effort
17	Jul 12	40 min run/walk 8x (1 min walk, 4 min run) — Easy Effort	<i>Stretch / Mobility</i>	50 min run/walk 5x (2 min walk, 8 min run) — Easy Effort	<i>Rest</i>	<i>Stretch / Mobility</i>	4 miles 1 min walk, 8 min run — Easy Effort
16	Jul 19	30 min — Easy Effort Limited walk breaks	<i>Stretch / Mobility</i>	48 min run/walk 4x (2 min walk, 10 min run) — Easy Effort	<i>Rest</i>	<i>Stretch / Mobility</i>	4 miles 2 min walk, 20 min run — Easy Effort
15	Jul 26	45 min run/walk 3x (2 min walk, 13 min run) — Easy Effort	<i>Stretch / Mobility</i>	50 min run/walk 5x (2 min walk, 8 min run) — Easy Effort	<i>Rest</i>	<i>Stretch / Mobility</i>	5 miles 1 min walk, 10 min run — Easy Effort
14	Aug 2	50 min run/walk 5x (2 min walk, 8 min run) — Easy Effort	<i>Stretch / Mobility</i>	3 miles — Easy Effort	<i>Rest</i>	<i>Stretch / Mobility</i>	6 miles 1 min walk, 12 min run — Easy Effort
13	Aug 9	44 min run/walk 2x (2 min walk, 20 min run) — Easy Effort	<i>Stretch / Mobility</i>	50 min run/walk 5x (2 min walk, 8 min run) — Easy Effort	<i>Rest</i>	<i>Stretch / Mobility</i>	6 miles 1 min walk, 10 min run — Easy Effort

WK	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	Aug 16	Warm up: 1 mile easy 6x 800m (0.5 mi), 2 min walk between Cooldown: 1 mile easy	3 miles — Easy Effort	<i>Stretch / Mobility</i>	50 min — 10 min warm up 3x (1 min walk, 4 min run) — Moderate 5x (1 min walk, 2 min run) — Hard Cooldown: 10 min	<i>Stretch / Mobility</i>	68 min 4x (2 min walk, 15 min run) — Easy Effort
11	Aug 23	35 min — Easy Effort	5 miles — Easy Effort	<i>Stretch / Mobility</i>	10 min warm up 3x 1 mile — Moderate 5x (1 min walk, 2 min walk between) 10x 15 sec strides — Hard Cooldown: 5 min	<i>Stretch / Mobility</i>	6 miles 1 min walk, 20 min run — Easy Effort
10	Aug 30	3 miles — Easy Effort	<i>Stretch / Mobility</i>	4 miles — Easy Effort	10 min warm up 5x 1K (0.75 mi) — Moderate, 2 min walk between Cooldown: 5 min	<i>Stretch / Mobility</i>	7 miles 1 min walk, 20 min run — Easy to Moderate Effort
9	Sep 6	35 min — Easy Effort	<i>Stretch / Mobility</i>	4 miles — Easy Effort	<i>Rest</i>	<i>Stretch / Mobility</i>	41 min 20 min Easy Effort, 1 min rest, 20 min Easy Effort
8	Sep 13	4 miles — Easy Effort	3 miles — Easy Effort	<i>Stretch / Mobility</i>	10 min warm up 5x 1 mile — Moderate 5x (1 min walk, 2 min walk between) 10x 15 sec strides — Hard Cooldown: 5 min	<i>Stretch / Mobility</i>	8 miles 1 min walk, 15 min run — Easy to Moderate Effort
7	Sep 20	6 miles 2 min walk, 12 min run — Easy Effort	30 min — Easy Effort	<i>Stretch / Mobility</i>	Warm up: 1 mile easy 6x 800m (0.5 mi) — Moderate, 2 min walk between Cooldown: 1 mile easy	<i>Stretch / Mobility</i>	84 min 4x (1 min walk, 20 min run) — Easy to Moderate Effort
6	Sep 27	40 min — Easy Effort	Warm up: 1 mile easy 8x 400m (0.25 mi) — Moderate, 1 min walk between Cooldown: 1 mile easy	<i>Stretch / Mobility</i>	4 miles — Easy Effort	<i>Rest</i>	Warm up: 5 min jog 2x 2 mile repeats — Moderate, 2 min rest between Cooldown: 5 min jog

WK	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	Oct 4	5 miles — Easy Effort	50 min — 2x 15 min run — Easy Effort, 1 min walk between 5x 2 min run — Moderate, 1 min walk between 3 min cooldown	Stretch / Mobility	4 miles — Easy Effort	Rest	10 miles 2 min walk, 20 min run — Easy Effort
4	Oct 11	5 miles — Easy Effort	50 min — Warm up: 10 min jog 4x 4 min run — Moderate, 1 min walk between 5x 2 min run — Moderate, 1 min walk between Cooldown: 5 min	Stretch / Mobility	6 miles — Easy Effort	Rest	8 miles — Easy Effort As little walking as possible
3	Oct 18	5 miles — Easy Effort	Warm up: 1 mile easy 3x 1 mile — Moderate, 2 min walk between Cooldown: 1 mile easy	Stretch / Mobility	4 miles — Easy Effort	Rest	6 miles 2 min walk, 20 min run — Easy Effort
2	Oct 25	4 miles — Easy Effort	30 min — Easy Effort 10x 15 sec striders — Hard Effort, 30 sec rest between	Stretch / Mobility	3 miles — Easy Effort	Rest	4 miles — Easy Effort
1	Nov 1	2 miles — Easy Effort	3 miles — Easy Effort	Stretch / Mobility	20 min Shakeout 2-3 striders	Rest	RACE DAY Chick-fil-A Half Marathon!

Training Notes & Definitions

Effort Levels

- Easy Effort: Conversational pace. You should be able to speak in full sentences without gasping for air.
- Moderate Effort: Comfortably hard. Breathing is noticeably harder, but the pace is sustainable for the prescribed distance.
- Hard Effort: Significant effort, used for short intervals and strides. Not sustainable for long periods.

Key Terms

- Run/Walk Intervals: Alternating fixed periods of running and walking, written as time-walking and time-running (e.g., “1 min walk, 3 min run”).
- Strides: Short bursts (10–20 seconds) of fast, relaxed running used to build speed and form, followed by recovery.
- Repeats / Intervals: Repeated efforts of a set distance or time (e.g., 800m, 1 mile) at a moderate-to-hard effort, with recovery between each.
- Shakeout Run: A very short, easy run in the days before a race to stay loose without adding fatigue.
- Warm Up / Cooldown: Easy-effort minutes before and after a harder workout to prepare the body and aid recovery.

General Guidelines

- Stretch / Mobility days are active recovery — light stretching, foam rolling, or mobility work, not a full rest day from movement.
- Rest days are full days off from training to allow the body to recover and adapt.
- Always listen to your body. If something feels off, swap a hard day for an easy one or take an extra rest day.
- Stay hydrated and prioritize sleep throughout the training cycle — recovery is when the real fitness gains happen.
- Break in race-day shoes and gear well before the half marathon — never try anything new on race day.