

Beginner's 10-week half-marathon training program

10 weeks to 13.1 miles

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	CT	2 mi	Rest	3 mi	2.5 mi	5mi	Rest
2	Rest	3 mi	CT	4mi	Rest	6 mi	Rest
3	3 mi	CT	3mi	CT	Rest	7 mi	CT
4	Rest	4 mi	CT	4 mi	Rest	8 mi	CT easy
5	CT	Rest	4mi	CT easy	Rest	9 mi	Rest
6	CT	4 mi	CT	4 mi	Rest	10 mi	Rest
7	Rest	5 mi	CT	4 mi	Rest	11 mi	Rest
8	CT easy	4 mi	Rest	CT	Rest	12 mi	Rest
9	CT	Rest	3 mi	CT	Rest	5 mi	CT easy
10	Rest	2 mi	CT easy	Rest	20 minutes	Race Day!	Rest

CT=Cross Train (ie: elliptical, bike, yoga, pilates)

Rest days= still try to move around (ie: 20-30 minute walk)