

6 WEEK HALF MARATHON TRAINING PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 miles	Strength Training	2 miles (2 x 400)	3 miles	Cross Training	6 miles	Rest
2	3 miles	Strength Training	2.5 miles (3 x 400)	3 miles	Cross Training	8 miles	Rest
3	4 miles	Strength Training	3 miles (2 x 800)	4 miles	Cross Training	10 miles	Rest
4	4 miles	Strength Training	3 miles (4 x 400)	5 miles	Cross Training	12 miles	Rest
5	4 miles	Strength Training	3 miles (2 x 800)	3 miles	Cross Training	8 miles	Rest
6	3 miles	Yoga	2 miles	2 miles OR rest	Rest	Race Weekend!	

Runnin' for Sweets
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