

| Half Marathon Training | | | | | | | |
|------------------------|--------------|--------|---------|---------------------|----------|--------|----------------------|
| Training schedule | | | | | | | |
| WEEK | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 3 MILES | off | 3 MILES | 4 MILES FARTLEKS | 4 MILES | off | 6 MILES EASY |
| 2 | 3 MILES | off | 3 MILES | 4 MILES | 4 MILES | off | HILLS |
| 3 | 4 MILES | OFF | 4MILES | 3 MILES FARTLEKS | 4 MILES | OFF | 8 MILES EASY |
| 4 | 3 MILES | OFF | 5 MILES | 5 MILES FARTLEKS | 5 MILES | OFF | HILLS |
| 5 | 4 MILES | OFF | 5 MILES | 4 MILES FARTLEKS | 5 MILES | OFF | 8-10 EASY |
| 6 | 4 MILES | OFF | 5 MILES | 5 MILES FARTLEKS | 5 MILES | OFF | TRACK |
| 7 | 4 MILES | OFF | 5 MILES | 6MILES | 5 MILES | OFF | 10-12 EASY |
| 8 | 4 MILES | OFF | 6 MILES | 4 MILES | 4 MILES | OFF | TRACK |
| 9 | 4 MILES | OFF | 6 MILES | 4 MILES | 5 MILES | OFF | 12-14 EASY |
| 10 | 4 MILES | OFF | 2 MILES | 5 MILES | 3 MILES | OFF | TRACK |
| 11 | 4 MILES | OFF | 5 MILES | 5 MILES | 4 MILES | OFF | 10 EASY |
| 12 | 4 MILES | OFF | 4 MILES | 3 MILES | 4 MILES | OFF | SLOW EASY IN CITY |
| 13 | 1/2 MARATHON | | | | | | |