

Half Marathon Training Plan for Beginners



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	20-30 Min Low-Intensity Cross Training	Off	2 Miles + Hip/ Glute Routine	Off	2 Miles + Hip/ Glute Routine	Off	3 Miles + Hip/ Glute Routine
2	20-30 Min Low-Intensity Cross Training	Off	2.5 Miles + Hip/ Glute Routine	Off	2.5 Miles + Hip/ Glute Routine	Off	4 Miles + Hip/ Glute Routine
3	20-30 Min Low-Intensity Cross Training	Off	3 Miles + Hip/ Glute Routine	Off	3 Miles + Hip/ Glute Routine	Off	4 Miles + Hip/ Glute Routine
4	2 Miles or 30 Min Low-Intensity Cross Training	Off	2.5 Miles with 4 Ascending Hill Repeats + Hip/ Glute Routine	Off	3 Miles + Hip/ Glute Routine	Off	5 Miles
5	2 Miles or 30 Min Low-Intensity Cross Training	Off	3 Miles with 5–6 Ascending Hill Repeats + Hip/ Glute Routine	Off	3.5 Miles + Hip/ Glute Routine	Off	6 Miles
6	3 Miles or 30 Min Low-Intensity Cross Training	Off	10 x 30/30 Workout + Hip/ Glute Routine	Off	4 Miles + Hip/ Glute Routine	Off	7 Miles
7	Off or 30 Min Low-Intensity Cross Training	Off	4 Miles + Hip/ Glute Routine	Off	4 Miles + Hip/ Glute Routine	Off	6 Miles

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8	3 Miles or 30 Min Low-Intensity Cross Training	Off	12 x 30/30 Workout + Hip/ Glute Routine	Off	4.5 Miles + Hip/ Glute Routine	Off	8 Miles
9	3 Miles or 30 Min Low-Intensity Cross Training	Off	3 x 5 Min Tempo + Hip/ Glute Routine	Off	5 Miles + Hip/ Glute Routine	Off	9 Miles
10	3 Miles or 30 Min Low-Intensity Cross Training	Off	5 Miles + Hip/ Glute Routine	Off	4 Miles + Hip/ Glute Routine	Off	10 Miles
11	3 Miles or 30 Min Low-Intensity Cross Training	Off	4 x 5 Min Tempo + Hip/ Glute Routine	Off	5 Miles + Hip/ Glute Routine	Off	10 Miles
12	Half Marathon	Off	10 x 30/30 Workout + Hip/ Glute Routine	Off	3 Miles + Hip/ Glute Routine	Off	1 Mile