

Half Marathon

16 - WEEK TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ONE	1 KM (OR 0.6 MILES)	REST DAY	POSSIBLE WEIGHT TRAINING DAY	1 KM (OR 0.6 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	2 KM (OR 1.2 MILES)	REST DAY
WEEK TWO	1 KM (OR 0.6 MILES)	REST DAY	POSSIBLE WEIGHT TRAINING DAY	2 KM (OR 1.2 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	3 KM (OR 1.9 MILES)	REST DAY
WEEK THREE	2 KM (OR 1.2 MILES)	REST DAY	POSSIBLE WEIGHT TRAINING DAY	2 KM (OR 1.2 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	4 KM (OR 2.5 MILES)	REST DAY
WEEK FOUR	2 KM (OR 1.2 MILES)	REST DAY	POSSIBLE WEIGHT TRAINING DAY	3.5 KM (OR 2.2 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	5 KM (OR 3.1 MILES)	REST DAY
WEEK FIVE	3.5 KM (OR 2.2 MILES)	POSSIBLE WEIGHT TRAINING DAY	POSSIBLE WEIGHT TRAINING DAY	3.5 KM (OR 2.2 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	6 KM (OR 3.7 MILES)	REST DAY
WEEK SIX	3.5 KM (OR 2.2 MILES)	POSSIBLE WEIGHT TRAINING DAY	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	7 KM (OR 4.4 MILES)	REST DAY
WEEK SEVEN	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	8 KM (OR 5 MILES)	REST DAY
WEEK EIGHT	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	10 KM (OR 6.2 MILES)	REST DAY
WEEK NINE	5 KM (OR 3.1 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	12 KM (OR 7.5 MILES)	REST DAY
WEEK TEN	5 KM (OR 3.1 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	14 KM (OR 8.7 MILES)	REST DAY
WEEK ELEVEN	5 KM (OR 3.1 MILES)	7.5 KM (OR 4.7 MILES)	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	16 KM (OR 9.9 MILES)	REST DAY
WEEK TWELVE	5 KM (OR 3.1 MILES)	7.5 KM (OR 4.7 MILES)	POSSIBLE WEIGHT TRAINING DAY	5 KM (OR 3.1 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	18 KM (OR 11.2 MILES)	REST DAY
WEEK THIRTEEN	7.5 KM (OR 4.7 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	7.5 KM (OR 4.7 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	20 KM (OR 12.4 MILES)	REST DAY
WEEK FOURTEEN	7.5 KM (OR 4.7 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	7.5 KM (OR 4.7 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	21 KM (OR 13.1 MILES)	REST DAY
WEEK FIFTEEN	7.5 KM (OR 4.7 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	7.5 KM (OR 4.7 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	12 KM (OR 7.5 MILES)	REST DAY
WEEK SIXTEEN	5 KM (OR 3.1 MILES)	5 KM (OR 3.1 MILES)	POSSIBLE WEIGHT TRAINING DAY	3.5 KM (OR 2.2 MILES)	POSSIBLE LOW IMPACT CARDIO DAY	HM RACE DAY 21 KM (OR 13.1 MILES)	REST DAY