



Zero to Half Marathon Training Plan

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Half Marathon Training Plan: "0" - 13.1 in 13 Weeks				
Week	Run 1	Run 2	Long Run	Total Mileage
1			1	1
2	1	1	1.5	3.5
3	1.5	1.5	2	5
4	2	2	2.5	6.5
5	2.5	2.5	3	8
6	3	3	4	10
7	4	3	6	13
8	4	4	6	14
9	6	4	8	18
10: Recovery Week	6	6	6	18
11	6	4	10	20
12	6	4	12	22
13: Race Week - Take 2 days completely OFF before your race.	6	8	4	18
	6	3	13.1	22.1

"0" to 13.1 in 15 Weeks				
Week	Run 1	Run 2	Long Run	Total Mileage
1	1	1	1	3
2	1	1	1.5	3.5
3	1.5	1.5	2	5
4	2	2	2.5	6.5
5	2.5	2.5	3	8
6	3	3	4	10
7	3	4	4	11
8	4	3	6	13
9	5	4	6	15
10	6	4	8	18
11	6	6	8	20
12: Recovery Week	6	6	6	18
13	6	4	10	20
14	6	4	12	22
15: Race Week - Take 2 days completely OFF before your race.	6	8	4	18
	6	3	13.1	22.1