12-Week Half Marathon Training Program -- Beginner

By Mario Fraioli

*Note: Before beginning this training program, a runner should be able to comfortably complete a 3-mile run or walk-run.

Terms Defined:

- Easy: Run a comfortable, conversational pace. Note: It is OK to take walk breaks if/when necessary.
- Rest: No running or activity. Let your body recover between training sessions.
- X-training, or cross-training: Alternative aerobic exercise of 30 to 60 minutes in duration in the form of swimming, spinning, elliptical, or weight training.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
1	2 miles easy	Rest or x-training	2 miles easy	Rest or x-training	2 miles easy	Rest or x-training	3 miles, easy	9
2	2 miles easy	Rest or x-training	3 miles easy	Rest or x-training	3 miles easy	Rest or x-training	4 miles easy	12
3	2 miles easy	Rest or x-training	3 miles easy	Rest or x-training	3 miles easy	Rest or x-training	5 miles easy	13
4	3 miles easy	Rest or x-training	3 miles easy	Rest or x-training	4 miles easy	Rest or x-training	6 miles easy	16
5	3 miles easy	Rest or x-training	4 miles easy	Rest or x-training	4 miles easy	Rest or x-training	7 miles easy	18
6	3 miles easy	Rest or x-training	5 miles easy	Rest or x-training	5 miles easy	Rest or x-training	8 miles easy + strides	21
7	3 miles easy	Rest or x-training	5 miles	Rest or x-training	5 miles easy	Rest or x-traini	9 miles easy	22

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8	4 miles easy	Rest or x-training	5 miles easy	Rest or x-training	5 miles easy	Rest or x-training	10 miles easy	24
9	4 miles easy	Rest or x-training	6 miles easy	Rest or x-training	5 miles easy	Rest or x-training	11 miles easy	26
10	4 miles easy	Rest or x-training	7 miles easy	Rest or x-training	5 miles easy	Rest or x-training	12 miles easy	28
11	3 miles easy	Rest or x-training	8 miles easy	Rest or x-training	4 miles easy	Rest or x-training	8 miles easy	23
12	3 miles easy	Rest or x-training	5 miles easy	Rest or x-training	5 miles easy	Rest or x-training	3 miles easy	16
	RACE DAY!							