

Half Marathon Training Chart

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
1	3mi.	5mi.	XT	5mi.	XT	7mi.	Off	20mi.
2	4mi.	4mi.	XT	5mi.	XT	8mi.	Off	21mi.
3	4mi.	5mi.	XT	5mi.	XT	9mi.	Off	23mi.
4	5mi.	5mi.	XT	4mi.	XT	11mi.	Off	25mi.
5	5mi.	4mi.	XT	6mi.	XT	12mi.	Off	27mi.
6	4mi.	5mi.	XT	5mi.	XT	14mi.	Off	28mi.
7	6mi.	5mi.	XT	4mi.	XT	10mi.	Off	25mi.
8	3mi.	3mi.	Off	Off	3mi.	Off	13.1mi.	22.1mi.

How to Use the Mileage Chart

This chart is a guideline. In a perfect world, life and work would not get in the way of your training. Then there is reality. Adjust the chart to fit your schedule and don't stress if you miss a run here or there.

One Size Does Not Fit All

We have runners of all levels on the team, so please tweak the chart to suit your ability. First-timers should be able to handle this program with an extra off-day or two here and there, if necessary. Advanced runners should include speed and hill work. No matter your running level, remember this: consistency is king, and strive for quality over quantity. Never just slog miles. If your body is telling you to take an extra day off, take it and run harder next time you go out.

Cross Training (XT)

It is very important that all of your training does not consist solely of running. Cross training will keep you fresh and help avoid nagging running injuries. Swimming is great for runners—it's a tough workout with no pounding. If you are not a comfortable swimmer, grab a kickboard and go for it. Cycling and elliptical training are other great non-impact cardio workouts.