

Basic Half Marathon Training Schedule for Beginners

Run Your First Half Marathon

Congratulations on your decision to train for your first half-marathon! This schedule (see table below) is perfect for a beginner runner and a first-time half-marathoner whose goal is to finish the 13.1 mile race.

To start the plan, you should be capable of jogging 5k (30 mins), or have completed some 5k's last year. If you prefer a run/walk program, try the [run/walk half-marathon training schedule](#). The first 2/3 weeks can also be done as a walk/jog program if you haven't run in a while.

If you're not new to running and this schedule seems too easy, try the [advanced beginner half-marathon training schedule](#).

You should start each run with a 5 minute [warm-up](#) walk. Finish with a 5 minute [cool-down](#) walk.

Notes about the schedule:

Mondays: Most Mondays are [rest days](#). Rest is critical to your recovery and [injury prevention](#) efforts, so don't ignore rest days.

Tuesdays and Thursdays: After [your warm up](#), run at a moderate pace (slightly faster than your long run pace) for the designated mileage. Cool down and stretch after your run.

Wednesdays: Some wednesdays are designated rest days. Others are cross-training (CT) days when you should do a [cross-training](#) activity (biking, walking, swimming, elliptical trainer, pilates, etc.) at easy to moderate effort for 30-45 minutes. It's also beneficial to do overall body strength training at least once a week to build muscle endurance and reduce injury risk.

Fridays: Do a cross-training activity at easy to moderate effort for 30-45 minutes. If you're feeling very sluggish or sore on Friday, take a complete rest day. It's important that you're feeling strong and rested for your Saturday long run

Saturdays: This is the day of your long, slow, distance run.

Run the designated mileage at an easy, conversational pace. Use your breathing as your guide. You should be able to breathe easily and talk in complete sentences comfortably during your run.

Sundays: This is an active recovery day. Your short run should be at a very easy (EZ), comfortable pace, which helps loosens up your muscles. You can also do a **run/walk combination** or cross-train. Finish your run with some gentle stretching.

Note:

You can switch days to accommodate your schedule. So if you're busy on another day and prefer to workout on a Monday or Friday, it's fine to swap a rest day for a run day.

1 mile = 1.6km.

Beginners' Half Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1- Feb 19	Rest	2 mi	Rest	2 mile	Rest	3 mi	30 min walk
2	Rest	2 mi	Rest	2 mile	Rest Rest	3mi	30 min walk
3	Rest	2 mi	Rest	2.5 mi	Rest	3 mi	30 min walk

4	Rest	2.5 mi	CT	3 mi	Rest	4 mi	20-30 min EZ run or cross-train
5	Rest	3 mi	CT	3 mi	Rest	5 mi	Rest
6	Rest	3 mi	CT	4 mi	Rest	5 mi	20-30 min EZ run or cross-train
7	Rest	4 mi	CT	3 mi	Rest	6 mi	20-30 min EZ run or cross-train
8	Rest	4 mi	Rest	4 mi	Rest	5 mi	30 min EZ run or cross-train
9	Rest	3 mi	CT	4 mi	Rest	7 mi	Rest
10	Rest	4 mi	CT	3 mi	Rest	7 mi	30 min EZ run or cross-train
11	Rest	4mi	CT	4 mi	Rest	6 mi	30 min EZ run or cross-train
12	Rest	4 mi	CT	4 mi	Rest	8 mi	30 min EZ run or cross-train
13	Rest	4 mi	Rest	3 mi	Rest	9 mi	Rest
14	Rest	5 mi	CT	4 mi	Rest	6 mi	30 min EZ run or cross-train

15	Rest	4 mi	CT	3 mi	Rest	10 mi	30 min EZ run or cross-train
16	Rest	5mi	CT	4 mi	CT	7 mi	30 min EZ run or cross-train
17	Rest	5 mi	CT	4 mi	CT	11 mi	Rest
18	30 min EZ run or cross-train	4 mi	Rest	3 mi	Rest	12 mi	30 min EZ run or cross-train
19	Rest	CT	Rest	3 mi	CT	5 mi	30 min EZ run or cross-train
20	Rest	2 mi	Rest	20 minutes	Rest	20 minutes	RACE

