

Half-Marathon 16-Week Training Schedule – Experienced Runners

Dates	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan 1 – Jan 7	1	Off	3 miles	Off	3 miles	Off	4 miles	3 miles
Jan 8 – Jan 14	2	Off	3 miles	Off	3 miles	Off	5 miles	3 miles
Jan 15 – Jan 21	3	Off	4 miles	Off	4 miles	Off	6 miles	3 miles
Jan 22 – Jan 28	4	Off	4 miles	Off	4 miles	Off	6 miles	3 miles
Jan 29 – Feb 4	5	Off	5 miles	Off	5 miles	Off	7 miles	3 miles
Feb 5 – Feb 11	6	Off	5 miles	Off	5 miles	Off	7 miles	2-3 miles
Feb 12 – Feb 18	7	Off	6 miles	Off	4 miles	Off	8 miles	2-3 miles
Feb 19 – Feb 25	8	Off	6 miles	Off	4 miles	Off	8 miles	2-3 miles
Feb 26 – March 4	9	Off	5-6 miles	Off	4-5 miles	Off	9 miles	2-3 miles
March 5 – March 11	10	Off	5-6 miles	Off	4-5 miles	Off	9 miles	2-3 miles
March 12 – March 18	11	Off	6 miles	Off	5 miles	Off	10 miles	2 miles
March 19 – March 25	12	Off	6 miles	Off	5 miles	Off	10 miles	2 miles
March 26- April 1	13	Off	5-6 miles	Off	4-5 miles	Off	11 miles	2 miles
April 1 – April 8	14	Off	5-6 miles	Off	4-5 miles	Off	12 miles	2 miles
April 9 – April 15	15	Off	5-6 miles	Off	4-5 miles	Off	6 miles	3 miles
April 16 – April 22	16	Off	4-5 miles	Off	4-5 miles	Off	Off	13.1

Half-Marathon 16-Week Training Schedule – Beginning Runners

Dates	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan 1 – Jan 7	1	3 miles	3 miles	Off	3 miles	Off	4 miles	Off
Jan 8 – Jan 14	2	3 miles	3 miles	Off	3 miles	Off	5 miles	Off
Jan 15 – Jan 21	3	3 miles	4 miles	Off	4 miles	Off	5 miles	Off
Jan 22 – Jan 28	4	3 miles	3 miles	Off	4 miles	Off	6 miles	Off
Jan 29 – Feb 4	5	3 miles	4 miles	Off	4 miles	Off	6 miles	Off
Feb 5 – Feb 11	6	3 miles	4 miles	Off	4 miles	Off	7 miles	Off
Feb 12 – Feb 18	7	3 miles	5 miles	Off	4 miles	Off	7 miles	Off
Feb 19 – Feb 25	8	3 miles	5 miles	Off	5 miles	Off	8 miles	Off
Feb 26 – March 4	9	3 miles	5 miles	Off	5 miles	Off	8 miles	Off
March 5 – March 11	10	3 miles	6 miles	Off	5 miles	Off	9 miles	Off
March 12 – March 18	11	3 miles	6 miles	Off	5 miles	Off	9 miles	Off
March 19 – March 25	12	3 miles	5 miles	Off	5 miles	Off	10 miles	Off
March 26- April 1	13	3 miles	6 miles	Off	4 miles	Off	11 miles	Off
April 1 – April 8	14	3 miles	5 miles	Off	4 miles	Off	9 miles	Off
April 9 – April 15	15	3 miles	4 miles	Off	4 miles	Off	7 miles	Off
April 16 – April 22	16	3 miles	3 miles	Off	3 miles	Off	2 miles	13.1