

## Half Marathon training plan, 12-weeks

A note on intensity: Don't just go all out! Speed will vary for different intensities for different people! And that's OK. Embrace where you are! Find your pace and be consistent. Times will improve with, well, time.

**Mild Intensity:** Shoot for about 30% of what you think your top speed will feel like. Think about your breathing, could you sing? You are at a mild intensity.

**Moderate intensity:** Once again, *moderate intensity*. Shoot for about 50% of what you think your top speed will feel like. Think about your breathing, could you talk in short sentences before needing to take a breath? If so, you're at a moderate intensity.

**Vigorous intensity:** Shoot for about 80% of what you think your top speed will feel like. Think about your breathing, could you sing? You are at a mild intensity

**Mild = Walking**

**Moderate = Jogging**

**Vigorous = Running**

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>1</b> <b>Goal: 8 Miles total</b>	Walk/jog 1 mile:  Warm up & alternate 1 min jog 2 min walk	Walk/jog 1 mile:  Warm up & alternate 1 min jog 2 min walk	Rest	Walk/jog 2 miles:  Warm up & alternate 1 min jog 2 min walk	Walk/jog 2 miles:  Warm up & alternate 1 min jog 2 min walk	Walk/jog 2 miles:  Warm up & alternate 1 min jog 2 min walk	Rest
<b>2</b> <b>Goal: 9.5 Miles Total</b>	Walk/jog 2 miles  Alternate jog/walk Like above	Jog 1.5 miles  Warm up and jog the full 1.5 miles	Rest	Jog 2 miles  Warm up and jog the full 2 miles	Jog 2 miles  Warm up and jog the full 2 miles	Jog 2 miles  Warm up and jog the full 2 miles	Rest
<b>3</b> <b>Goal: 10.5 miles Total</b>	Jog 2 miles  Warm up and jog the full 2 miles	Jog 2 miles  Warm up and jog the full 2 miles	Rest	Walk/jog 5K!  Warm up and walk/jog 3.1 miles	Jog 1.5 miles  Warm up and jog the full 1.5 miles	Jog 2 miles  Warm up and jog the full 2 miles	Rest
<b>4</b>	Jog 2 miles	Walk/jog 5K	Rest	Jog 2 miles	Jog 3.5 miles	Longer Day	Rest

<b>Goal: 11-13+ Miles Total</b>	Warm up and jog the full 2 miles	Warm up and walk/jog 3.1 miles		Warm up and jog the full 2 miles	Warm up and jog at least 2 of the 3.5 miles	See what you can do in 1 hour of jogging. Pace yourself!	
<b><u>5</u> Goal: 5Ks for Days (15.5 Miles)</b>	Walk/jog 5K  Warm up and walk/jog 3.1 miles	Walk/jog 5K  Warm up and walk/jog 3.1 miles. Try to jog as much as possible!	Rest	Walk/jog 5K  Warm up and walk/jog 3.1 miles. Try to jog as much as possible!	Walk/jog 5K  Warm up and walk/jog 3.1 miles. Try to jog as much as possible!	Walk/jog 5K  Warm up and walk/jog 3.1 miles. Try to jog as much as possible!	Rest
<b><u>6</u> Goal: 16.5 Miles</b>	Jog 2 miles  Warm up and jog the full 2 miles	Walk/jog 4 miles  Warm up and walk/jog 4 miles	Rest	Walk/jog 4 miles  Warm up and walk/jog 4 miles	Jog 2.5 miles  Warm up and jog the full 2 miles	Jog 4 miles  Warm up and jog 4 miles. Try to jog as much as possible!	Rest
<b><u>7</u> Goal: 19 Miles</b>	Jog 4 miles  Warm up and jog 4 miles. Try to jog as much as possible!	Jog 5K  Warm up and jog the full 3.1 miles	Rest	Walk/jog 4 miles  Warm up and walk/jog 4 miles	Jog 5K  Warm up and jog the full 3.1 miles	Walk/jog 5 miles  Warm up and walk/jog 5 miles. Try to jog as much as possible!	Rest
<b><u>8</u> Goal: 17 miles</b>	Jog 5K  Warm up and jog the full 3.1 miles	Walk/jog 5 miles  Warm up and walk/jog 5 miles. Try to jog as much as possible!	Rest	Jog 5K  Warm up and jog the full 3.1 miles	Rest	Jog 10K  Warm up and jog the full 6.2 miles!	Rest
<b><u>9</u> Goal:</b>	Jog 5K  Warm up and jog	Jog 5K	Rest	Jog 4 Miles  Warm up and jog	Jog 5K  Warm up and jog	Walk/jog 7 miles	Rest

	the full 3.1 miles	Warm up and jog the full 3.1 miles		the full 4 miles	the full 3.1 miles	Warm up and walk/jog 7 miles. Try to jog as much as possible!	
<b><u>10</u></b> <b><u>Goal:</u></b>	Jog 5 Miles  Warm up and jog the full 5 miles	Jog 5K  Warm up and jog the full 3.1 miles	Rest	Jog 5 Miles  Warm up and jog the full 5 miles	Jog 5K  Warm up and jog the full 3.1 miles	Walk/jog 9 miles  Warm up and walk/jog 9 miles. Try to jog as much as possible!	Rest
<b><u>11</u></b> <b><u>Goal:</u></b>	Jog 5 Miles  Warm up and jog the full 5 miles	Jog 5K  Warm up and jog the full 3.1 miles	Rest	Jog 5 Miles  Warm up and jog the full 5 miles	Jog 5K  Warm up and jog the full 3.1 miles	Walk/jog 11 miles  Warm up and walk/jog 11 miles. Try to jog as much as possible!	Rest
<b><u>12</u></b> <b><u>Goal:</u></b>	Jog 4 Miles  Warm up and jog the full 4 miles	Jog 5K  Warm up and jog the full 3.1 miles	Rest	Jog 5K  Warm up and jog the full 3.1 miles	Rest	<b>Day of Event!</b> <b>Half Marathon!</b> <b>(13.1 Miles)</b> Don't forget to warm up!	Rest