



## Half Marathon Training Program

[www.teamworldvision.org](http://www.teamworldvision.org)

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
1	Stretch	3	2	3	Rest	4	Cross	12
2	Stretch	3	2	3	Rest	4	Cross	12
3	Stretch	3.5	2	3.5	Rest	5	Cross	14
4	Stretch	3.5	2	3.5	Rest	5	Cross	14
5	Stretch	4	2	4	Rest	6	Cross	16
6	Stretch	4	2	4	Rest	5k race	Cross	
7	Stretch	4.5	3	4.5	Rest	7	Cross	19
8	Stretch	4.5	3	4.5	Rest	8	Cross	20
9	Stretch	5	3	5	Rest	10k race	Cross	
10	Stretch	5	3	5	Rest	9	Cross	22
11	Stretch	5	3	5	Rest	10	Cross	23
12	Stretch	4	3	2	Rest	Rest	HALF MARATHON	22.1

*Adapted from Hal Higdon's Novice Half Marathon Training Guide*

All distances are listed in miles. The blank spaces in the chart can be used for recording the actual miles you run. Saturday distance runs are the foundation of the training program, and should be followed as closely as possible. Distance, not speed, is the most important aspect of Saturday runs—walking breaks may be necessary.

NOTE: Consult your physician before beginning any exercise program.