

Half de Paris TX - March 4, 2017 - Half Marathon Beginners Training Plan

Wk Number	Wk Begins With	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	12/31/2016	3 miles	3 miles	Rest	3-4 miles	2.5 miles or cross train	5-6 miles	Rest
2	1/7/2017	3 miles	3 miles	Rest	3-4 miles	2.5 miles or cross train	6-7 miles	Rest
3	1/14/2017	3 miles, hilly run	3 miles	Rest	5 miles	2.5 miles or cross train	8 miles	Rest
4	1/21/2017	3 miles, hilly run	3 miles	Rest	5 miles	2.5 miles or cross train	9 miles	Rest
5	1/28/2017	4 miles, hilly run	3 miles	Rest	5 miles	2.5 miles or cross train	6 miles	Rest
6	2/4/2017	4 miles, hilly run	3 miles	Rest	6 miles	2.5 miles or cross train	9 miles	Rest
7	2/11/2017	4 miles, hilly run	3 miles	Rest	6 miles	3 miles or cross train	10 miles	Rest
8	2/18/2017	4 miles, hilly run	3 miles	Rest	6 miles	3 miles or cross train	10-12 miles	Rest
9	2/25/2017	3 miles, hilly run	3 miles	Rest	6 miles	3 miles or cross train	6 miles	Rest
10	3/4/2017	3 miles	2 miles	Rest	3 miles	Rest	Race	Rest

Sara currently is accepting new coaching clients. For more information on Sara's coaching services, visit www.realityrunning.com or email her at realityrunning@gmail.com. Feel free to email Sara with questions or comments about this training program.