

11-Week Half Marathon Training Guide

RunningMyselfTo13.1 @RunningMyselfTogether
www.runningmyselftogether.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1/23	1/24	1/25	1/26	1/27	1/28	1/29
Week1	3 miles	Cross Train	3 miles	3 miles	Easy Cross Train - 30 Mins	Long Run - 4 miles	Rest
	1/30	1/31	2/1	2/2	2/3	2/4	2/5
Week2	3 miles	Strength	3 miles	4 miles	Easy Cross Train - 30 Mins	Long Run - 5 miles	Rest
	2/6	2/7	2/8	2/9	2/10	2/11	2/12
Week3	3 miles	Cross Train	4 miles	4 miles	Easy Cross Train - 30 Mins	Long Run - 6 miles	Rest
	2/13	2/14	2/15	2/16	2/17	2/18	2/19
Week4	4 miles	Strength	5 miles	4 miles	Easy Cross Train - 30 mins	Long Run - 7 miles	Rest
	2/20	2/21	2/22	2/23	2/24	2/25	2/26
Week5	4 miles	Cross Train	5 miles	5 miles	Easy Cross Train - 30 mins	Long Run - 8 miles	Rest
	2/27	2/28	3/1	3/2	3/3	3/4	3/5
Week6	4 miles	Strength	6 miles	4 miles	Easy Cross Train - 30 mins	Long Run - 9 miles	Rest
	3/6	3/7	3/8	3/9	3/10	3/11	3/12
Week7	5 miles	Cross Train	6 miles	4 miles	Easy Cross Train - 30 mins	Long Run - 10 miles	Rest
	3/13	3/14	3/15	3/16	3/17	3/18	3/19
Week8	5 miles	Strength	6 miles	5 miles	Easy Cross Train - 30 mins	Long Run - 9 miles	Rest
	3/20	3/21	3/22	3/23	3/24	3/25	3/26
Week9	6 miles	Cross Train	7 miles	5 miles	Easy Cross Train - 30 mins	Long run - 11 miles	Rest
	3/27	3/28	3/29	3/30	3/31	4/1	4/2
Week10	4 miles	Strength	6 miles	5 miles	Easy Cross Train - 30 mins	Long run - 7 miles	Rest
	4/3	4/4	4/5	4/6	4/7	4/8	4/9
Week11	3 miles	Cross Train	Rest/Stretch	3 mile shake out run	Rest/Stretch	RACE DAY! 13.1	Celebrate!

NOTES

TO DO

