



R U N

BASIC HALF-MARATHON TRAINING PROGRAM							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 mile run	Rest	3 mile run	Rest	30 min Walk	4 mile run
2	Rest	3 mile run	Rest	3 mile run	Rest	30 min Walk	4 mile run
3	Rest	3 mile run	Strength	3 mile run	Strength	45 min Walk	5 mile run
4	Rest	3 mile run	Strength	3 mile run	Strength	45 min Walk	5 mile run
5	Rest	3 mile run	Strength	3 mile run	Strength	45 min Walk	7 mile run
6	Rest	3 mile run	Rest	3 mile run	Strength	45 min Walk	7 mile run
7	Rest	3 mile run	Strength	5 mile run	Strength	45 min Walk	9 mile run
8	Rest	3 mile run	Strength	5 mile run	Rest	30 min Walk	10 mile run
9	Rest	3 mile run	Strength	3 mile run	Rest	Rest	12 mile run
10	Rest	3 mile run	Rest	3 mile run	Rest	Rest	8 mile run
11	Rest	Rest	Rest	3 mile run	Rest	Rest	6 mile run
12	Rest	3 mile run	Rest	3 mile run	Rest	Rest	Half Marathon

Quick Tips:

- Find YOUR comfortable pace for each run – look for improvements over time. If you need to walk, then walk; if you feel like you can run faster; run faster.
- Strength days should be body weight exercises – push-ups, lunges, squats, pull-ups, etc.
- If something doesn't feel right or you suspect an injury, STOP and seek an expert!
- As always, seek the advice of your physician before starting any exercise program.

Getting Started:

- Visit a local running specialty store for advice on running shoes specific to your gait style.
- Seek the personalized advice of a trainer/coach, or other qualified instructor to help understand the key strength exercises, and other adjustments that will make this program work for specifically for you based on your experience, and your goals.

Support:

- The [Fitness & Endurance Training group](#) on Facebook.
- Email questions to tom@tiogawellness.com at anytime.