

Half Marathon Weekly Training Plan (17 Weeks)



Week 1: 2 mile run, 2 mile run, 2 mile run

Week 2: 2 mile run, 2 mile run, 3 miles

Week 3: 3 miles, 3 miles, 4 miles

Week 4: 3 miles, 3 miles, 3 miles

Week 5: 3 miles, 3 miles, 5 miles

Week 6: 3 miles, 3 miles, 3 miles

Week 7: 3 miles, 3 miles, 6 miles

Week 8: 3 miles, 3 miles, 3 miles

Week 9: 3 miles, 3 miles, 7 miles

Week 10: 3 miles, 3 miles, 3 miles

Week 11: 3 miles, 3 miles, 8 miles

Week 12: 3 miles, 3 miles, 6 miles

Week 13: 3 miles, 3 miles, 9 miles

Week 14: 3 miles, 3 miles, 6 miles

Week 15: 3 miles, 3 miles, 11 miles

Week 16: 3 miles, 3 miles, 6 miles

Week 17: 6 miles, then RACE TIME!!