

RunTheMoney Half Marathon (13.1 miles) Training Plan

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Rest	Walk / Cross	3 m run	Walk / Cross	3 m run	Rest	4 m run
2	Rest	Walk / Cross	3 m run	Walk / Cross	3 m run	Rest	5 m run
3	Rest	Walk / Cross	3.5 m run	Walk / Cross	3.5 m run	Rest	6 m run
4	Rest	Walk / Cross	3.5 m run	Walk / Cross	3.5 m run	Rest	7 m run
5	Rest	Walk / Cross	4 m run	Walk / Cross	4 m run	Rest	5K Race
6	Rest	Walk / Cross	4 m run	Walk / Cross	4 m run	Rest	8 m run
7	Rest	Walk / Cross	4.5 m run	Walk / Cross	4.5 m run	Rest	9 m run
8	Rest	Walk / Cross	4.5 m run	Walk / Cross	4.5 m run	Rest	10K Race
9	Rest	Walk / Cross	5 m run	Walk / Cross	5 m run	Rest	10 m run
10	Rest	Walk / Cross	5 m run	Walk / Cross	5 m run	Rest	11 m run
11	Rest	Walk / Cross	5 m run	Walk / Cross	5 m run	Rest	12 m run
12	Rest	Walk / Cross	5 m run	Walk / Cross	5 m run	Rest	13 m run
13	Rest	Walk / Cross	5 m run	Walk / Cross	5 m run	Rest	10 m run
14	Rest	Walk / Cross	5 m run	Walk / Cross	4 m run	Rest	6 m run
15	Rest	Walk / Cross	4 m run	Walk / Cross	2 m run	Rest	Half Marathon
Source:	RunTheMoney.com						