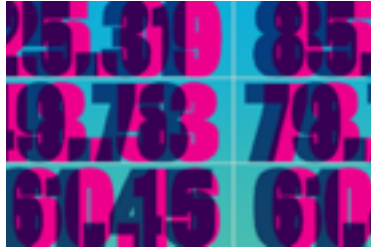

HALF-MARATHON TRAINING GUIDE

12 Weeks to Greatness



RUN FAST. LIVE AUTHENTICALLY.



Art by Dan Fuehrer

MOVE, AND LIFT YOUR SOUL.

Training Plan Terms

Cross-train: For a **RUNNER**, some of the best cross training activities are cycling, swimming, walking, strength training and even yoga; It's your pick just remember, this day on your weekly regimen should be light and **FUN!**

Long Run: You've followed your weekly training plan and it's now time for your long run. This day is designed to help **INCREASE YOUR ENDURANCE.**

Make this and every long run count! Be sure to stay well hydrated before, during and after + remember to pace yourself!

Rest Day: This one is self-explanatory, it means **REST**. Take this day to relax your body and mind. Read a book, watch a movie or go have dinner with a friend.

The trick to long distance running is to build up your mileage gradually. Just remember: Long and steady wins the race (your personal race that is). Some training days will be harder than others, remember:

"Ever tried. Ever failed. No Matter. Try again. Fail again. Fail better."

—Samuel Beckett

Half-Marathon Training Guide

12 Weeks to Greatness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1	Rest Day	3 miles	Cross-Train	3 miles	Rest Day	Cross-Train	Long Run 4 miles	10
Week 2	Rest Day	3 miles	Cross-Train	3 miles	Rest Day	Cross-Train	Long Run 4 miles	10
Week 3	Rest Day	3 miles	Cross-Train	3 miles	Rest Day	Cross-Train	Long Run 5 miles	11
Week 4	Rest Day	3 miles	Cross-Train	3 miles	Rest Day	Cross-Train	Long Run 5 miles	11
Week 5	Rest Day	4 miles	Cross-Train	4 miles	Rest Day	Cross-Train	Long Run 6 miles	14
Week 6	Rest Day	5 miles	Cross-Train	5 miles	Rest Day	Cross-Train	Long Run 6 miles	14
Week 7	Rest Day	5 miles	Cross-Train	5 miles	Rest Day	Cross-Train	Long Run 8 miles	17
Week 8	Rest Day	5 miles	Cross-Train	5 miles	Rest Day	Cross-Train	Long Run 8 miles	18
Week 9	Rest Day	5 miles	Cross-Train	5 miles	Rest Day	Cross-Train	Long Run 7 miles	17
Week 10	Rest Day	5 miles	Cross-Train	5 miles	Rest Day	Cross-Train	Long Run 9 miles	19
Week 11	Rest Day	5 miles	Cross-Train	5 miles	Rest Day	Cross-Train	Long Run 10 miles	20
Week 12	Rest Day	4 miles	Cross-Train	2 miles	Rest Day	REST!	RACE DAY!	6

