

This beginner half marathon training program assumes you have been running consistently for at least 4-6 weeks and can run for at least thirty minutes without stopping before beginning the program. Do not run more than two consecutive days when following this schedule.

10-Week Half Marathon Training Schedule

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	3	Rest	3	3	Rest	4	Rest	13
2	3	Rest	4	3	Rest	5	Rest	15
3	3	Rest	4	3	Rest	6	Rest	16
4	3	Rest	5	3	Rest	8	Rest	19
5	3	Rest	5	3	Rest	10	Rest	21
6	4	Rest	5	4	Rest	11	Rest	24
7	4	Rest	6	4	Rest	12	Rest	26
8	4	Rest	5	4	Rest	9	Rest	22
9	3	Rest	4	3	Rest	8	Rest	18
10	3	Rest	3	Walk 2	Rest	13.1	Rest	21.1

"Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired in the morning, noon, and night. But the body is never tired if the mind is not tired."

- George S. Patton, U.S. Army General, 1912 Olympian