

## COUCH TO HALF MARATHON TRAINING PLAN

Weeks To Race	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 14</b>	June 12 - 18	20 Min: Run 30 Sec / Walk 2 Min X 8		20 Min: Run 30 Sec / Walk 2 Min X 8			24 Min: Run 1 Min / Walk 2 Min X 9
<b>Week 13</b>	June 19 - 25	25 Min: Run 2 min / Walk 3 Min x 5		30 Min: Run 2 min / Walk 3 Min x 6			Long Run: 2-3 Miles - Run 2 Min / Walk 3 Min
<b>Week 12</b>	June 26 - 2	30 Min: Run 2 min / Walk 3 Min x 6		36 Min: Run 3 min / Walk 3 Min X 6			Long Run: 2-4 Miles - Run 2 Min / Walk 3 Min
<b>Week 11</b>	July 3 - 9	36 Min: Run 3 min / Walk 3 Min X 6		40 Min: Run 5 min / Walk 3 Min X 5			Long Run: 4-5 Miles - Run 5 Min / Walk 3 Min
<b>Week 10</b>	July 10 - 16	24 Min: Run 3 min / Walk 3 Min x 4		35 Min: Run 4 min / Walk 3 Min x 5			Long Run: 2-3 Miles - Run 3 Min / Walk 2 Min
<b>Week 9</b>	July 17 - 23	40 Min: Run 5 min / Walk 3 Min X 5		40 Min: Run 5 min / Walk 3 Min X 5			Long Run: 4-5 Miles - Run 5 Min / Walk 3 Min
<b>Week 8</b>	July 24 - 30	45 Min: Run 6 min / Walk 3 Min X 5		54 Min: Run 6 min / Walk 3 Min X 6			Long Run: 5-6 Miles - Run 7 Min / Walk 3 Min
<b>Week 7</b>	July 31 - 6	45 Min: Run 6 min / Walk 3 Min X 5		60 Min: Run 7 min / Walk 3 Min X 6			Long Run: 6-7 Miles - Run 10 Min / Walk 3 Min
<b>Week 6</b>	Aug 7 - 13	35 Min: Run 5 Min / Walk 2 Min X 5		42 Min: Run 5 Min / Walk 2 Min X 6			Long Run: 5 Miles - Run 10 min / Walk 2 Min
<b>Week 5</b>	Aug 14 - 20	45 Min: Run 6 min / Walk 3 Min X 5		60 Min: Run 7 min / Walk 3 Min X 6			Long Run: 6-7 Miles - Run 10 Min / Walk 2 Min
<b>Week 4</b>	Aug 21 - 27	50 Min: Run 9 Min / Walk 1 Min X 5		65 Min: Run 10 Min / Walk 3 Min X 5			Long Run: 7-8 Miles - Run 10 Min / Walk 2 Min
<b>Week 3</b>	Aug 28 - 3	60 Min: Run 10 min / Walk 2 Min X 5		75 Min: Run 12 Min / Walk 3 Min X 5			Long Run: 9-10 Miles - Run 15 Min / Walk 3-5 Min
<b>Week 2</b>	Sep 4 - 10	40 Min: Run 9 Min / Walk 1 Min X 4		40 Min: Run 9 Min / Walk 1 Min X 4			Long Run: 5 Miles - Run 10 min / Walk 2 Min
<b>Week 1</b>	Sep 11 - 17	36 Min: Run 15 Min / Walk 3 Min X 2		40 Min: Run 15 Min / Walk 5 Min X 2			Race Day: 13.1 Miles - Use Run/Walk intervals as needed

- Begin each workout with 5-10 minute walk to warm up.
- Adjust your days of running if needed to fit your week.
- Blank days - rest or cross train.
- Keep your long run pace slow and easy-going.
- Don't worry about your speed - walk, shuffle, jog.
- Join us at Packet Pickup Parties to celebrate your work!



**Reach Out Anytime!**  
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\*Couch to Half Marathon Plan built by Coach Sarah Cox at Wild Soles Running. If you have any questions please reach out at [WildSolesRunning@gmail.com](mailto:WildSolesRunning@gmail.com)

**Wild Soles Running**



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