



Half-Marathon Training Plan								
Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Rest	3 miles	Cross Train	2.5 miles	Rest	4 miles	2.5 miles EZ
2		Rest	3 miles	Cross Train	3 miles	Rest	5 miles	2.5 miles EZ
3		Rest	3.5 miles	Cross Train	3 miles	Rest	6 miles	3 miles EZ
4		Rest	3.5 miles	Cross Train	4 miles	Rest	7 miles	3 miles EZ
5		Rest	4 miles	Cross Train	3 miles	Rest	8 miles	3.5 miles EZ
6		Rest	4 miles	Cross Train	4 miles	Rest	9 miles	3.5 miles EZ
7		Rest	4 miles	Cross Train	4 miles	Rest	10 miles	3.5 miles EZ
8		Rest	4.5 miles	Cross Train	3 miles	Rest	8 miles	4 miles EZ
9		Rest	5 miles	Cross Train	4 miles	Rest	10 miles	3 miles EZ
10		Rest	4.5 miles	Cross Train	3 miles	Rest	12 miles	3 miles EZ
11		Rest	4 miles	Cross Train	3 miles	Rest	5 miles	2.5 miles EZ
12		Rest	3 miles	Cross Train Lite	Rest	20 Minutes EZ	Race Day	Rest Day

Make sure you check with your doctor before beginning any exercise plan.
 Begin each session with a 5 minute brisk walk to elevate the heart rate
 Be flexible. If something hurts, rest it.
 Crosstrain = swim, bike, walk, dance, etc. Something other than jogging. 40 - 45 minutes
 EZ = slow conversational pace. Meant to be a recovery run.

Matthew 25:40 "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."



Team Samaritan's Purse
P O Box 3000
Boone, NC 28607
828-262-1980

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