Half Marathon Training Schedule for Novice Runners

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Rest	2 miles	Rest	2.5 miles	Rest	3 miles	20 - 30 minutes EZ or CT
2	Rest	2 miles	Rest	3 miles	CT or Rest	4 miles	20 - 30 minutes EZ or CT
3	Rest	2.5 miles	CT	3 miles	Rest	5 miles	20 - 30 minutes EZ or CT
4	Rest	3 miles	CT	4 miles	Rest	6 miles	20 - 30 minutes EZ or CT
5	Rest	3 miles	CT	3 miles	Rest	7 miles	30 minutes EZ or CT
6	Rest	4 miles	CT	4 miles	Rest	8 miles	30 minutes EZ or CT
7	Rest	4 miles	Rest	4 miles	CT	9 miles	30 minutes EZ or CT
8	Rest	4 miles	CT	3 miles	Rest	10 miles	30 minutes EZ or CT
9	Rest	5 miles	CT	4 miles	Rest	11 miles	30 minutes EZ or CT
10	Rest	4 miles	Rest	3 miles	CT	12 miles	30 minutes EZ or CT
11	Rest	CT	Rest	3 miles	CT	5 miles	30 minutes EZ or CT
12	Rest	2 miles	20 minutes	Rest	20 minutes	**Race Day!**	Rest Day!

Philadelphia Marathon

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc.

Easy Run (EZ): A recovery run during which you focus on running slowly.

Half Marathon Training Schedule for Advanced Novice Runners

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Rest	3 miles	CT	4 miles	Rest	4 miles	2.5 miles EZ
2	Rest	3 miles	CT	4 miles	CT	5 miles	2.5 miles EZ
3	Rest	3.5 miles	CT	5 miles	Rest	6 miles	3 miles EZ
4	Rest	3.5 miles	CT	1 mile WU / 1 mile race pace / 1 mile CD	Rest	7 miles	3 miles EZ
5	Rest	4 miles	CT	1 mile WU / 1.5 mile race pace / 1 mile CD	Rest	8 miles	3.5 miles EZ
6	Rest	4 miles	CT	1 mile WU / 2 miles race pace / 1 mile CD	Rest	9 miles	3.5 miles EZ
7	Rest	4 miles	CT	1 mile WU / 2.5 miles race pace / 1 mile CD	Rest	10 miles	3.5 miles EZ
8	Rest	4.5 miles	CT	1 mile WU / 3 miles race pace / 1 mile CD	Rest	8 miles	4 miles EZ
9	Rest	5 miles	CT	1 mile WU / 3 miles race pace / 1 mile CD	Rest	10 miles	3 miles EZ
10	Rest	4.5 miles	CT	1 mile WU / 4 miles race pace / 1 mile CD	Rest	12 miles	3 miles EZ
11	Rest	4 miles	CT	1 mile WU / 2 miles race pace / 1 mile CD	Rest	5 miles	2.5 miles EZ
12	Rest	1 mile WU / 1.5 miles race pace / 1 mile CD	30 minutes	Rest	20 minutes	Race Day!	Rest Day!

(Left vertical label: Philadelphia Marathon)

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc.

Easy Run (EZ): A recovery run during which you focus on running slowly.

Warm Up (WU): A run that feels comfortable in pace and will prepare your body for a more challenging pace or workout

Cool Down (CD): A run that feels comfortable in pace and will begin to wind the body down by transitioning from a more challenging pace or workout into recovery mode

Half Marathon Training Schedule for Intermediate Runners

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	CT	30 minute tempo	Rest or CT	4 miles	Rest	5 miles	3 miles EZ
2	CT	4 x 400m IW	Rest or CT	4 miles	Rest	6 miles	3.5 miles EZ
3	CT	35 minute tempo	4 miles	3 miles	Rest	7 miles	3 miles EZ
4	CT	5 x 400m IW	Rest	4 miles race pace	Rest	7 miles	3 miles EZ
5	CT	35 minute tempo	5 miles	3 miles race pace	Rest	8 miles	4 miles EZ
6	CT	6 x 400m IW	5 miles	4 miles race pace	2 miles EZ	Rest	10K race
7	CT	40 minute tempo	5 miles	4 miles race pace	Rest	9 miles	4 miles EZ
8	CT	6 x 400m IW	6 miles	3 miles race pace	Rest	10 miles	4 miles EZ
9	CT	45 minute tempo	5 miles	4 miles race pace	Rest	11 miles	Rest
10	CT	7 x 400m IW	5 miles	3 miles race pace	Rest	12 miles	3 miles EZ
11	CT	45 minute tempo	Rest	3 miles race pace	Rest	5 miles	3 miles EZ
12	Rest	4 miles	30 minutes 10K pace	2 miles	Rest	20 minutes	**Race Day!**

Philadelphia Marathon

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc)

Easy Run (EZ): A recovery run during which you focus on running slowly.

Tempo run: Maintain a comfortably hard or challenging pace; about 15 secs faster than your marathon goal minute/mile pace. A good guideline is to run at a slightly difficult speed. (It should be hard for you to carry on a conversation.)