



BEGINNER HALF MARATHON

FALL TRAINING SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
7/22	1-2 mi easy	Rest / XT	1-2 mi easy	Rest / XT	Rest / XT	2 mi long	Rest	4-6 mi
7/29	1-2 mi easy	Rest / XT	2 mi easy	Rest / XT	Rest / XT	2 mi long	Rest	5-6 mi
8/5	2 mi easy	Rest / XT	2 mi easy	Rest / XT	Rest / XT	3 mi long	Rest	7 mi
8/12	2 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	3 mi long	Rest	8 mi
8/19	2 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	4 mi long	Rest	9 mi
8/26	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	4 mi long	Rest	10 mi
9/2	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	5 mi long	Rest	11 mi
9/9	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	13 mi
9/16	3 mi easy	Rest / XT	5 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	16 mi
9/23	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	15 mi
9/30	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	17 mi
10/7	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	17 mi
10/14	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	19 mi
10/21	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	12 mi long	Rest	21 mi
10/28	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
11/4	3 mi easy	Rest / XT	2 mi tempo	Rest / XT	Rest / XT	13.1 mi race	Rest	18.1 mi

Prior to the week of July 22nd you should build up your running to the point where you feel comfortable running a 2 mile long run. You should also be comfortable running a total of three days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two to three days a week, if you like.

Key to schedule:

- Easy: run at an easy pace
- Tempo: run at race tempo pace
- Long: run at a pace at least one-two minutes a mile slower than your intended race pace
- Rest / XT: rest or cross train

For more information on the half marathon training program please visit www.BattlefieldMarathon.com