

14-Week Half Marathon Training Plan



About the Program

Beginning and experienced runners can both use this 14-week training plan, which starts off slow with only four runs per week and then ramps up to five days later in the schedule.

It's important to note that, even for beginners, it's a good idea to have been running regularly every week for a while before you start this (or any) half marathon training plan.

Like our 12-week schedule, this plan is based on a simple philosophy – using your mid-week runs for conditioning and feeling out your proper pace, and using the once-a-week long runs to get you physically and mentally prepared to run 13.1 miles.

Rest Days

Especially for beginning runners or those who may be experienced at running but training for their first half marathon, it's important to take two days off from running during the week to allow your joints and muscles adequate time to rest.



Source: HalfMarathons.net

Taking two days off during the week, on Mondays and Fridays, allows a day off after your long run as well as a day off after your three mid-week running days. Remember also to get plenty of rest on the days you don't run, or consider cross-training such as strength exercises, to give your legs ample time to rest and replenish, especially after your long runs.

Time Your Long Runs With Your Race

The schedule above places the weekly long run on Saturday, followed by a usually much shorter quick run (or walk) on Sunday. We've always found that it's best to do your long runs on the day you'll actually run your race, to allow your body to get used to the rhythm of the short run/long run each week.



Consult the Experts

Remember that there are a number of ways to structure a half marathon training plan. Running coaches Hal Higdon and Jeff Galloway, who is well-known for his Run-Walk-Run approach to training, offer a number of training plans on their own websites that are excellent guides to getting ready for any race.

Week	M	T	W	Th	F	S	S
1	off	3 miles	off	3 miles	off	3 miles	3 miles
2	off	3 miles	off	3 miles	off	4 miles	3 miles
3	off	3 miles	4 miles	3 miles	off	4 miles	3 miles
4	off	3 miles	4 miles	3 miles	off	5 miles	3 miles
5	off	4 miles	5 miles	4 miles	off	5 miles	3 miles
6	off	4 miles	5 miles	4 miles	off	6 miles	3 miles
7	off	4 miles	6 miles	4 miles	off	7 miles	4 miles
8	off	4 miles	6 miles	4 miles	off	8 miles	4 miles
9	off	5 miles	6 miles	5 miles	off	9 miles	3 miles
10	off	5 miles	7 miles	5 miles	off	10 miles	3 miles
11	off	5 miles	6 miles	5 miles	off	11 miles	3 miles
12	off	5 miles	6 miles	4 miles	off	12 miles	2 miles
13	off	5 miles	5 miles	3 miles	off	6 miles	2 miles
14	off	3 miles	5 miles	3 miles	off	13.1 miles	off