

8-Week Half Marathon Training Plan



About the Program

Sometimes you sign up for a race that's not far off in the future – just a couple of months away, or even less. You've been running regularly, but you need to ramp up your training, especially for a race you want to do with friends or loved ones in the next several weeks.

Here's our eight-week half marathon training plan to get you ready to run 13.1 miles, designed for runners who already are in the running habit and are in good enough shape to put this plan in place with little difficulty.

Bear in mind that you can always run the miles below using a one-to-one run-walk pace (run for one minute, walk for one minute, etc.). Or you can use a method like Jeff Galloway's Run-Walk-Run, in which you run for three minutes, walk for one minute, and so on.

It's also a good idea to use your shorter, mid-week runs for building up your speed and ability to run shorter distances in better times, while using your longer weekend runs to build up your endurance and ability to lengthen your miles more slowly.



Note that this plan is designed for runners who've already run a half marathon or several in the past, and who are already running consistently each week so they've built up their leg, lower body and cardiovascular strength to handle the number of miles they'll be running throughout the training.

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	4 miles	3 miles	off	5 miles	2-3 miles
2	off	3 miles	4 miles	3 miles	off	6 miles	2-3 miles
3	off	4 miles	5 miles	4 miles	off	7 miles	3 miles
4	off	4 miles	5 miles	4 miles	off	8 miles	3 miles
5	off	5 miles	6 miles	5 miles	off	9 miles	3 miles
6	off	5 miles	6 miles	5 miles	off	10 miles	3 miles
7	off	4 miles	5 miles	4 miles	off	11 miles	2 miles
8	off	3-4 miles	4 miles	3-4 miles	off	13.1 miles	off