

2021**February****Beginner Half Marathon Training Plan**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|--------|------------|------------|------------|---------------|--------------|
| 31 | 01 | 02 | 03 | 04 | 05 | 06 |
| | | | | | | |
| 07 | 08 | 09 | 10 | 11 | 12 | 13 |
| 5 mile run | Rest | 3 mile run | 4 mile run | 3 mile run | Bike 10 miles | Walk 3 miles |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 6 mile run | Rest | 3 mile run | 4 mile run | 3 mile run | Bike 10 miles | Walk 3 miles |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 7 mile run | Rest | 3 mile run | 4 mile run | 4 mile run | Bike 10 miles | Walk 3 miles |
| 28 | 01 | 02 | 03 | 04 | 05 | 06 |
| 6 mile run | | | | | | |

2021**March****Beginner Half Marathon Training Plan**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|--------|------------|--------------------------|------------|---------------|---------------------|
| 28 | 01 | 02 | 03 | 04 | 05 | 06 |
| | Rest | 4 mile run | 4 mile run | 4 mile run | Bike 10 miles | Walk 3 miles |
| 07 | 08 | 09 | 10 | 11 | 12 | 13 |
| 7 mile run | Rest | 4 mile run | 4 mile run and Cross Fit | 4 mile run | Bike 15 miles | Walk or Run 3 miles |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 8 mile run | Rest | 4 mile run | 4 mile run and Cross Fit | 4 mile run | Bike 15 miles | Walk or Run 3 miles |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 6 mile run | Rest | 4 mile run | 4 mile run and Cross Fit | 4 mile run | Bike 15 miles | Walk or Run 3 miles |
| 28 | 29 | 30 | 31 | 01 | 02 | 03 |
| 8 mile run | Rest | 4 mile run | 4 mile run and Cross Fit | | | |

2021

April

Beginner Half Marathon Training Plan

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|--------|------------|--------------------------|------------|---------------|---------------------|
| 28 | 29 | 30 | 31 | 01 | 02 | 03 |
| | | | | 4 mile run | Bike 15 miles | Walk or Run 3 miles |
| 04 | 05 | 06 | 07 | 08 | 09 | 10 |
| 9 mile run | Rest | 4 mile run | 4 mile run and Cross Fit | 5 mile run | Bike 15 miles | Walk or Run 3 miles |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 8 mile run | Rest | 4 mile run | 4 mile run and Cross Fit | 5 mile run | Bike 15 miles | Walk or Run 3 miles |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 9 mile run | Rest | 5 mile run | 4 mile run and Cross Fit | 5 mile run | Bike 15 miles | Walk or Run 3 miles |
| 25 | 26 | 27 | 28 | 29 | 30 | 01 |
| 10 mile run | Rest | 4 mile run | 4 mile run and Cross Fit | 4 mile run | Bike 15 miles | |

2021

May

Beginner Half Marathon Training Plan

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|--------|------------|--------------------------|------------|---------------|--|
| 25 | 26 | 27 | 28 | 29 | 30 | 01 |
| | | | | | | Walk or Run 3-4 miles |
| 02 | 03 | 04 | 05 | 06 | 07 | 08 |
| 7 mile run | Rest | 5 mile run | 4 mile run and Cross Fit | 5 mile run | Bike 15 miles | Walk or Run 3-4 miles |
| 09 | 10 | 11 | 12 | 13 | 14 | 15 |
| 11 mile run | Rest | 4 mile run | 4 mile run and Cross Fit | 4 mile run | Bike 15 miles | Walk or Run 3-4 miles |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 9 mile run | Rest | 4 mile run | 4 mile run and Cross Fit | 4 mile run | Bike 15 miles | Walk 3 miles |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 6 mile run | Rest | 2 mile run | 3 mile run | 2 mile run | Rest | DASH Around Karpeska Half Marathon! |