

Beginner Half Marathon 16 Week Training Plan

Week 1

Sunday 5 Mile Run
Monday Rest
Tuesday 3 Mile Run
Wednesday 4 Mile Run
Thursday 3 Mile Run
Friday Bike 10 Miles
Saturday Walk 3 Miles

Week 2

Sunday 6 Mile Run
Monday Rest
Tuesday 3 Mile Run
Wednesday 4 Mile Run
Thursday 3 Mile Run
Friday Bike 10 Miles
Saturday Walk 3 Miles

Week 3

Sunday 7 Mile Run
Monday Rest
Tuesday 3 Mile Run
Wednesday 4 Mile Run
Thursday 4 Mile Run
Friday Bike 10 Miles
Saturday Walk 3 Miles

Week 4

Sunday 6 Mile Run
Monday Rest
Tuesday 4 Mile Run
Wednesday 4 Mile Run
Thursday 4 Mile Run
Friday Bike 10 Miles
Saturday Walk 3 Miles

Week 5

Sunday 7 Mile Run
Monday Rest
Tuesday 4 Mile Run
Wednesday 4 Mile Run & Cross Fit
Thursday 4 Mile Run
Friday Bike 15 Miles
Saturday Walk or Run 3 Miles

Week 6

Sunday 8 Mile Run
Monday Rest
Tuesday 4 Mile Run
Wednesday 4 Mile Run & Cross Fit
Thursday 4 Mile Run
Friday Bike 15 Miles
Saturday Walk or Run 3 Miles

Week 7

Sunday 6 Mile Run
Monday Rest
Tuesday 4 Mile Run
Wednesday 4 Mile Run & Cross Fit
Thursday 4 Mile Run
Friday Bike 15 Miles
Saturday Walk or Run 3 Miles

Week 8

Sunday 8 Mile Run
Monday Rest
Tuesday 4 Mile Run
Wednesday 4 Mile Run & Cross Fit
Thursday 4 Mile Run
Friday Bike 15 Miles
Saturday Walk or Run 3 Miles

Week 9

Sunday 9 Mile Run
Monday Rest
Tuesday 4 Mile Run
Wednesday 4 Mile Run & Cross Fit
Thursday 5 Mile Run
Friday Bike 15 Miles
Saturday Walk or Run 3 Miles

Week 10

Sunday 8 Mile Run
Monday Rest
Tuesday 4 Mile Run
Wednesday 4 Mile Run & Cross Fit
Thursday 5 Mile Run
Friday Bike 15 Miles
Saturday Walk or Run 3 Miles

Week 11

Sunday 9 Mile Run
Monday Rest
Tuesday 5 Mile Run
Wednesday 4 Mile Run & Cross Fit
Thursday 5 Mile Run
Friday Bike 15 Miles
Saturday Walk or Run 3 Miles

Week 12

Sunday 10 Mile Run
Monday Rest
Tuesday 4 Mile Run
Wednesday 4 Mile Run & Cross Fit
Thursday 4 Mile Run
Friday Bike 15 Miles
Saturday Walk or Run 3-4 Miles

Week 13

Sunday 7 Mile Run
Monday Rest
Tuesday 5 Mile Run
Wednesday 4 Mile Run & Cross Fit
Thursday 5 Mile Run
Friday Bike 15 Miles
Saturday Walk or Run 3-4 Miles

Week 14

Sunday 11 Mile Run
Monday Rest
Tuesday 4 Mile Run
Wednesday 4 Mile Run & Cross Fit
Thursday 4 Mile Run
Friday Bike 15 Miles
Saturday Walk or Run 3-4 Miles

Week 15

Sunday 9 Mile Run
Monday Rest
Tuesday 4 Mile Run
Wednesday 4 Mile Run & Cross Fit
Thursday 4 Mile Run
Friday Bike 15 Miles
Saturday Walk or Run 3 Miles

Week 16

Sunday 6 Mile Run
Monday Rest
Tuesday 2 Mile Run
Wednesday 3 Mile Run
Thursday 2 Mile Run
Friday Rest
Saturday **Half Marathon Day!!**