



"Zero to Hero"

Half Marathon

Training Program

<u>Week</u>	<u>Week of</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
1	8-May	2 miles Run-Walk	2 miles Run-Walk	Rest	2 miles Run-Walk	30 min X-Train	3 miles Run-Walk	Rest
2	15-May	2 miles Run-Walk	2.5 miles Run-Walk	Rest	2.5 miles Run-Walk	30 min X-Train	4 miles Run-Walk	Rest
3	22-May	3 miles Run-Walk	3 miles Run-Walk	Rest	3.5 miles Run-Walk	30 min X-Train	4 miles Run-Walk	Rest
4	29-May	3 miles Run-Walk	4 miles Run-Walk	Rest	4 miles Run-Walk	30 min X-Train	5 miles Run-Walk	Rest
5	5-Jun	3 miles Easy Run	3.5 miles Easy Run	Rest	3.5 miles Easy Run	40 min X-Train	6 miles Run-Walk	Rest
6	12-Jun	3.5 miles Easy Run	4 miles Easy Run	Rest	4 miles Easy Run	40 min X-Train	6 miles Run-Walk	Rest
7	19-Jun	4 miles Easy Run	4 miles Easy Run	Rest	4.5 miles Easy Run	40 min X-Train	7 miles Run-Walk	Rest
8	26-Jun	4.5 miles Easy Run	4.5 miles Easy Run	Rest	5 miles Easy Run	40 min X-Train	8 miles Run-Walk	Rest
9	3-Jul	5 miles Easy Run	4 miles Tempo	Rest	5 miles Easy Run	45 min X-Train	9 miles Run-Walk	Rest
10	10-Jul	5 miles Easy Run	4 miles Tempo	Rest	5 miles Easy Run	45 min X-Train	9 miles Run-Walk	Rest
11	17-Jul	5.5 miles Easy Run	4.5 miles Tempo	Rest	5 miles Easy Run	45 min X-Train	10 miles Run-Walk	Rest
12	24-Jul	5.5 miles Easy Run	4.5 miles Tempo	Rest	5 miles Easy Run	45 min X-Train	11 miles Run-Walk	Rest
13	31-Jul	6 miles Easy Run	4.5 miles Tempo	Rest	5 miles Easy Run	45 min X-Train	12 miles Run-Walk	Rest
14	7-Aug	6 miles Easy Run	5 miles Tempo	Rest	5 miles Easy Run	45 min X-Train	12 miles Run-Walk	Rest

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