

# 12 Half Marathon Training Schedule

Week

*for beginner runners*

**Week 1**

2 mile run  
or run/walk

30 min  
cross training  
or Rest

2.5 mile run  
or run/walk

30 min  
cross training  
or Rest

**Rest**

3 mile run  
or run/walk

2 mile  
recovery walk

**Week 2**

2 mile run  
or run/walk

30 min  
cross training  
or Rest

3 mile run  
or run/walk

30 min  
cross training  
or Rest

**Rest**

4 mile run  
or run/walk

2.5 mile  
recovery walk

**Week 3**

2.5 mile run  
or run/walk

30 min  
cross training  
or Rest

3 mile run  
or run/walk

30 min  
cross training  
or Rest

**Rest**

5 mile run  
or run/walk

2 mile  
recovery walk

**Week 4**

2.5 mile run  
or run/walk

30 min  
cross training  
or Rest

3 mile run  
or run/walk

30 min  
cross training  
or Rest

**Rest**

6 mile run  
or run/walk

2 mile  
recovery walk

**Week 5**

3 mile run  
or run/walk

30 min  
cross training  
or Rest

3 mile run  
or run/walk

30 min  
cross training  
or Rest

**Rest**

7 mile run  
or run/walk

3 mile  
recovery walk

**Week 6**

3 mile run  
or run/walk

30 min  
cross training  
or Rest

4 mile run  
or run/walk

30 min  
cross training  
or Rest

**Rest**

8 mile run  
or run/walk

3 mile  
recovery walk

**Week 7**

3 mile run  
or run/walk

30 min  
cross training  
or Rest

4 mile run  
or run/walk

30 min  
cross training  
or Rest

**Rest**

9 mile run  
or run/walk

3 mile  
recovery walk

**Week 8**

4 mile run  
or run/walk

30 min  
cross training  
or Rest

3 mile run  
or run/walk

30 min  
cross training  
or Rest

**Rest**

10 mile run  
or run/walk

3 mile  
recovery walk

**Week 9**

4 mile run  
or run/walk

30 min  
cross training  
or Rest

4 mile run  
or run/walk

30 min  
cross training  
or Rest

**Rest**

11 mile run  
or run/walk

3 mile  
recovery walk

**Week 10**

4 mile run  
or run/walk

30 min  
cross training  
or Rest

3 mile run  
or run/walk

30 min  
cross training  
or Rest

**Rest**

12 mile run  
or run/walk

3 mile  
recovery walk

**Week 11**

30 min  
cross training  
or Rest

3 mile run  
or run/walk

30 min  
cross training  
or Rest

3 mile run  
or run/walk

**Rest**

5 mile run  
or run/walk

2.5 mile  
recovery walk

**Week 12**

2 mile run  
or run/walk

30 min  
cross training  
or Rest

**Rest**

20 min run  
or run/walk

**Rest**

20 min walk

**RACE!**