



Run for a Just Oakland :: March 25 2012
Half Marathon Training Program for Beginners

wk	sun	mon	tues	wed	thurs	fri	sat	total
1	1 3	2 *	3 3	4 2 or xt	5 3 & *	6 rest	7 30min xt	11
2	8 4	9 *	10 3	11 2 or xt	12 3 & *	13 rest	14 30min xt	12
3	15 4	16 *	17 3.5	18 2 or xt	19 3.5 & *	20 rest	21 40min xt	13
4	22 5	23 *	24 3.5	25 2 or xt	26 3.5 & *	27 rest	28 40min xt	14
5	29 5	30 *	30 4	1 feb 2 or xt	2 4 & *	3 rest	4 40min xt	15
6	5 6	6 *	7 4	8 2 or xt	9 4 & *	10 rest/ easy run	11 rest	16
7	12 4	13 *	14 4.5	15 3 or xt	16 4.5 & *	17 rest	18 50min xt	16
8	19 7	20 *	21 4.5	22 3 or xt	23 4.5 & *	24 rest	25 50min xt	19
9	26 8	27 *	28 5	29 3 or xt	1 march 5 & *	2 rest/ easy run	3 rest	21
10	4 7	5 *	6 5	7 3 or xt	8 5 & *	9 rest	10 60min xt	20
11	11 9	12 *	13 5	14 3 or xt	15 5 & *	16 rest	17 60min xt	22
12	18 10	19 *	20 4	21 3 or xt	22 2	23 rest	24 rest	Half Marathon

xt: cross training (bicycle, swim, walk) * : stretch & strengthen **all distances in miles