



BEGINNER HALF MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	RECOMMENDED RACES FOR SUNDAY
1 (May 30-June 5)	Rest	3 K	Rest	8 K	Rest	5K	10K	→ RUN UNITED 2
2 (June 5-12)	Rest	3 K	Rest	8 K Total with 5K@ HMP	Rest	5K	11K	→ COLORS OF FREEDOM
3 (June 13-19)	Rest	3 K	Rest	10 K Total with 6K @HMP	Rest	5K	11K	→ PAF ANNIV RUN
4 (June 20-26)	Rest	3 K	Rest	5 K	Rest	5K	6K	→ WORLD VISION RUN
5 (June 27-July 3)	Rest	6 K	Rest	11K Total with 5K@HMP	Rest	5K	13K	→ RUN GNC
6 (July 4 -10)	Rest	3 K	Rest	10 K Total with 6K @HMP	3K	5K	14K	→ MBC CLEAN UP RUN
7 (July 11-17)	Rest	3 K	Rest	10 K Total with 6K @HMP	3K	5K	16K	→ WE RUN FOR THE SKYWALKER
8 (July 18-24)	Rest	3 K	Rest	13 K Total with 10K@HMP	3K	3K	14K	→ BUBBLE RUN
9 (July 25-31)	Rest	3 K	Rest	8K Total with 5K@HMP	Rest	3K	Milo Marathon	

Reference: HMP = Half Marathon Pace.

INTERMEDIATE HALF MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	RECOMMENDED RACES FOR SUNDAY
1 (May 30-June 5)	Rest	8 K	Rest	Mile Repeats 8K with 2x 2K	6 K	Rest	13 K	→ RUN UNITED 2
2 (June 5-12)	Rest	8 K	Rest	8K total, w/ 5K @ HMP	6 K	Rest	14 K	→ COLORS OF FREEDOM
3 (June 13-19)	Rest	8 K	Rest	10K total, w/ 6K @ HMP	6 K	Rest	14 K	→ PAF ANNIV RUN
4 (June 20-26)	Rest	8 K	Rest	6K	6 K	Rest	8 K	→ WORLD VISION RUN
5 (June 27-July 3)	Rest	6 K	Rest	Mile Repeats 11K with 3x2K	6 K	Rest	16 K	→ RUN GNC
6 (July 4 -10)	Rest	5 K	Rest	10K total, w/ 6K @ HMP	5 K	Rest	18 K	→ MBC CLEAN UP RUN
7 (July 11-17)	Rest	5 K	Rest	11K total, w/ 8K @ HMP	6 K	Rest	21 K	→ WE RUN FOR THE SKYWALKER
8 (July 18-24)	Rest	5 K	Rest	Mile Repeats 13K with 4x2K	5 K	Rest	18 K	→ BUBBLE RUN
9 (July 25-31)	Rest	5 K	Rest	8K total, w/ 5K @ HMP	6 K	Rest	Milo Marathon	

Reference: HMP = Half Marathon Pace.

Source: Burfoot, A. , Yasso B. , Van Allen J. , Bede P. N. (2012).
The Runner's World Big Book of Marathon and Half Marathon Training