

**COUCH TO HALF
MARATHON**

COUCH TO HALF MARATHON TRAINING PLAN

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	30 min* 10 x (Run 1 min + Walk 2 min)	XT 30 min	30 min 10 x (Run 1 min + Walk 2 min)	Rest	XT 30 min	3 miles (Run 1 min + Walk 2 min)	Rest
2	30 min 10 x (Run 1 min + Walk 2 min)	XT 30 min	28 min 7 x (Run 2 min + Walk 2 min)	Rest	XT 30 min	3 miles (Run 1 min + Walk 2 min)	Rest
3	28 min 7 x (Run 2 min + Walk 2 min)	XT 30 min	28 min 7 x (Run 2 min + Walk 2 min)	Rest	XT 30 min	4 miles (Run 2 min + Walk 2 min)	Rest
4	28 min 7 x (Run 2 min + Walk 2 min)	XT 30 min	30 min 6 x (Run 3 min + Walk 2 min)	Rest	XT 30 min	4 miles (Run 2 min + Walk 2 min)	Rest
5	30 min 6 x (Run 3 min + Walk 2 min)	XT 30 min	30 min 6 x (Run 3 min + Walk 2 min)	Rest	XT 30 min	4 miles (Run 2 min + Walk 2 min)	Rest
6	30 min 6 x (Run 3 min + Walk 2 min)	XT 30 min	30 min 5 x (Run 4 min + Walk 2 min)	Rest	XT 30 min	5 miles (Run 3 min + Walk 2 min)	Rest
7	30 min 5 x (Run 4 min + Walk 2 min)	XT 30 min	30 min 5 x (Run 4 min + Walk 2 min)	Rest	XT 30 min	5 miles (Run 3 min + Walk 2 min)	Rest

*Walk for 5 minutes before and after each workout.

XT: Cross-training (swimming, biking, elliptical, yoga, etc.)

RUN: perform at a moderately difficult effort

WALK: walk briskly at an relatively easy effort