

COUCH TO HALF MARATHON TRAINING PLAN (CONTINUED)

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>15</b>	40 min* 5 x (Run 7 min + Walk 1 min)	XT 30 min	40 min 5 x (Run 7 min + Walk 1 min)	Rest	XT 30 min	6 miles (Run 6 min + Walk 1 min)	Rest
<b>16</b>	40 min 5 x (Run 7 min + Walk 1 min)	XT 30 min	36 min 4 x (Run 8 min + Walk 1 min)	Rest	XT 30 min	10 miles (Run 6 min + Walk 1 min)	Rest
<b>17</b>	45 min 5 x (Run 8 min + Walk 1 min)	XT 30 min	45 min 5 x (Run 8 min + Walk 1 min)	Rest	XT 30 min	7 miles (Run 7 min + Walk 1 min)	Rest
<b>18</b>	45 min 5 x (Run 8 min + Walk 1 min)	XT 30 min	44 min 4 x (Run 10 min + Walk 1 min)	Rest	XT 30 min	10 miles (Run 7 min + Walk 1 min)	Rest
<b>19</b>	44 min 4 x (Run 10 min + Walk 1 min)	XT 30 min	44 min 4 x (Run 10 min + Walk 1 min)	Rest	XT 30 min	6 miles (Run 8 min + Walk 1 min)	Rest
<b>20</b>	44 min 4 x (Run 10 min + Walk 1 min)	XT 30 min	44 min 4 x (Run 10 min + Walk 1 min)	Rest	XT 30 min	Rest	<b>RACE!</b>

\*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