

16-Week Half Marathon Training Plan FOR BEGINNERS

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	off	3 miles	X-train	3 miles	off	4 miles	2-3 miles
Week 2	off	3 miles	X-train	3 miles	off	5 miles	2-3 miles
Week 3	off	4 miles	X-train	4 miles	off	6 miles	2-3 miles
Week 4	off	4 miles	X-train	4 miles	off	6 miles	2-3 miles
Week 5	off	5 miles	X-train	5 miles	off	7 miles	2-3 miles
Week 6	off	5 miles	X-train	5 miles	off	7 miles	2-3 miles
Week 7	off	6 miles	X-train	4 miles	off	8 miles	2-3 miles
Week 8	off	6 miles	X-train	4 miles	off	8 miles	2-3 miles
Week 9	off	5 miles	X-train	4 miles	off	9 miles	2-3 miles
Week 10	off	5 miles	X-train	5 miles	off	9 miles	2-3 miles
Week 11	off	6 miles	X-train	5 miles	off	10 miles	2-3 miles
Week 12	off	6 miles	X-train	5 miles	off	10 miles	2-3 miles
Week 13	off	6 miles	X-train	4 miles	off	11 miles	2-3 miles
Week 14	off	5 miles	X-train	5 miles	off	12 miles	2-3 miles
Week 15	off	4 miles	X-train	3 miles	off	6 miles	3 miles
Week 16	off	3 miles	off	4 miles	off	off	13.1 miles!