



12 week Beginner Half Marathon Training Plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	off	3 Miles	3 Miles	3 Miles	off	4 Miles	3 Miles
Week 2	off	3 Miles	4 Miles	3 Miles	off	4 Miles	3 Miles
Week 3	off	3 Miles	4 Miles	3 Miles	off	5 Miles	3 Miles
Week 4	off	3 Miles	5 Miles	3 Miles	off	6 Miles	4 Miles
Week 5	off	4 Miles	5 Miles	4 Miles	off	7 Miles	3 Miles
Week 6	off	4 Miles	4 Miles	4 Miles	off	8 Miles	4 Miles
Week 7	off	4 Miles	6 Miles	4 Miles	off	9 Miles	4 Miles
Week 8	off	4 Miles	6 Miles	4 Miles	off	10 Miles	4 Miles
Week 9	off	4 Miles	6 Miles	4 Miles	off	11 Miles	3 Miles
Week 10	off	4 Miles	5 Miles	4 Miles	off	12 Miles	4 Miles
Week 11	off	4 Miles	5 Miles	4 Miles	off	6 Miles	3 Miles
Week 12	off	3 Miles	5 Miles	3 Miles	off	RACE DAY!	off

- Make sure you stretch and take a rest day. Both are very important to training and preventing injuries.
- Warm-up with a brisk 5 minute walk to start every workout.
- Focus on breathing and being able to keep running. You'll receive a medal when you cross the finish line no matter how fast you run!

Register and find more race info on our website, memphisinmay.org/garr