



# Half Marathon 12 week Beginner Training Plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Week 1</b>	off	3 Miles	3 Miles	3 Miles	off	4 Miles	3 Miles
<b>Week 2</b>	off	3 Miles	4 Miles	3 Miles	off	4 Miles	3 Miles
<b>Week 3</b>	off	3 Miles	4 Miles	3 Miles	off	5 Miles	3 Miles
<b>Week 4</b>	off	3 Miles	5 Miles	3 Miles	off	6 Miles	4 Miles
<b>Week 5</b>	off	4 Miles	5 Miles	4 Miles	off	7 Miles	3 Miles
<b>Week 6</b>	off	4 Miles	4 Miles	4 Miles	off	8 Miles	4 Miles
<b>Week 7</b>	off	4 Miles	6 Miles	4 Miles	off	9 Miles	4 Miles
<b>Week 8</b>	off	4 Miles	6 Miles	4 Miles	off	10 Miles	4 Miles
<b>Week 9</b>	off	4 Miles	6 Miles	4 Miles	off	11 Miles	3 Miles
<b>Week 10</b>	off	4 Miles	5 Miles	4 Miles	off	12 Miles	4 Miles
<b>Week 11</b>	off	4 Miles	5 Miles	4 Miles	off	6 Miles	3 Miles
<b>Week 12</b>	off	3 Miles	5 Miles	3 Miles	off	<b>RACE DAY!</b>	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](http://memphisinmay.org/garr)