

ZERO TO 5K TO HALF MARATHON TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	30 min run 2 min/ walk 4 min	XT or REST	30 min run 2 min/ walk 4 min	XT or REST	30 min run 2 min/ walk 4 min	2½ miles LR run 2 min/ walk 4 min	REST
2	30 min run 3 min/ walk 3 min	XT or REST	35 min run 3 min/ walk 3 min	XT or REST	25 min run 3 min/ walk 3 min	3 miles LR run 3 min/ walk 3 min	REST
3	35 min run 5 min/ walk 3 min	XT or REST	40 min run 5 min/ walk 3 min	XT or REST	30 min run 5 min/ walk 3 min	4 miles LR run 5 min/ walk 3 min	REST
4	40 min run 7 min/ walk 3 min	XT or REST	40 min run 7 min/ walk 3 min	XT or REST	30 min run 7 min/ walk 3 min	5 miles LR run 7 min/ walk 3 min	REST
5	40 min run 8 min/ walk 2 min	XT or REST	45 min run 8 min/ walk 2 min	XT or REST	30 min run 8 min/ walk 2 min	6 miles LR run 7 min/ walk 3 min	REST
6	45 min run 8 min/ walk 2 min	XT or REST	45 min run 8 min/ walk 2 min	XT or REST	20 min run 8 min/ walk 2 min	5K Race! run 7 min/ walk 3 min	REST
7	35 min run 9 min/ walk 2 min	XT or REST	50 min run 9 min/ walk 2 min	XT or REST	30 min run 9 min/ walk 2 min	7 miles LR run 8 min/ walk 2 min	REST
8	45 min run 9 min/ walk 2 min	XT or REST	50 min run 9 min/ walk 2 min	XT or REST	45 min run 9 min/ walk 2 min	8 miles LR run 8 min/ walk 2 min	REST
9	45 min run 10 min/ walk 2 min	XT or REST	50 min run 10 min/ walk 2 min	XT or REST	30 min run 10 min/ walk 2 min	9 miles LR run 9 min/ walk 2 min	REST
10	50 min run 10 min/ walk 1-2 min	XT or REST	55 min run 10 min/ walk 1-2 min	XT or REST	30 min run 10 min/ walk 1-2 min	10 miles LR run 10 min/ walk 1-2 min	REST
11	40 min run 10-12 min/ walk 2 min	XT or REST	40 min run 10-12 min/ walk 2 min	XT or REST	30 min run 10-12 min/ walk 2 min	6 miles LR run 10-12 min/ walk 2 min	REST
12	50 min run 12 min/ walk 1-2 min	XT or REST	55 min run 12 min/ walk 1-2 min	XT or REST	30 min run 12 min/ walk 1-2 min	11 miles LR run 12 min/ walk 1-2 min	REST
13	40 min run 12-14 min/ walk 1-2 min	XT or REST	50 min run 12-14 min/ walk 1-2 min	XT or REST	30 min run 12-14 min/ walk 1-2 min	5 miles LR run 12-14 min/ walk 1-2 min	REST
14	30 min run 12-14 min/ walk 1-2 min	XT or REST	35 min run 12-14 min/ walk 1-2 min	XT or REST	20 min run 12-14 min/ walk 1-2 min	Half Marathon! run 10-14 min/ walk 1-2 min	REST