Half Marathon Training Plan
3 Day Program

Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Approx. Weekly Mileage
1	1/17/2010	Cross Train	Easy 2 Miles	Cross Train	Easy 3 Miles	Cross Train	Cross Train	Easy 4 Miles	9
2	1/24/2010	Cross Train	Easy 3 Miles	Cross Train	Easy 3 Miles	Cross Train	Cross Train	Easy 5 Miles	11
3	1/31/2010	Cross Train	Easy 3 Miles	Cross Train	Medium 3 X 10 minutes with 2 minute breaks	Rest	Cross Train	Easy 6 miles: 2 minute breaks every 12 minutes	11
4	2/7/2010	Cross Train	Easy 3 Miles	Cross Train	20 minute Warm Up, 5 minutes Hard, 5 minute Cool Down	Rest	Cross Train	Easy 7 miles: 2 minute breaks every 12 minutes	12
5	2/14/2010	Cross Train	Easy 4 Miles	Cross Train	Medium 3 X 10 minutes with 90 second breaks	Rest	Cross Train	Easy 7 miles: 2 minute breaks every 12 minutes	13
6	2/21/2010	Cross Train	Easy 4 Miles	Cross Train	15 minute Warm Up, 5 minutes Hard, 5 minutes Easy, 5 minutes Hard, Cool Down	Rest	Cross Train	Easy 8 miles: 2 minute breaks every 15 minutes	15
7	2/28/2010	Cross Train	Easy 4 Miles	Cross Train	Medium 4 X 10 minutes with 2 minute breaks	Easy 2 miles	Rest	Easy 8 - 10 miles: 2 minute breaks every 20 minutes	16
8	3/7/2010	Rest	Easy 5 Miles	Cross Train	Medium 30 minutes-Hills	Easy 2 miles	Rest	Easy 7 Miles: No Breaks	17
9	3/14/2010	Cross Train	Easy 5 Miles	Cross Train	Medium 4 X 10 minutes with 90 second breaks	Rest	Cross Train	Easy 9 Miles with 3 1 minute Breaks	18
10	3/21/2010	Cross Train	Easy 3 Miles	Cross Train	15 min Warm up, 5 min hard, 5 min Easy, Repeat 3 sets and cool down	Rest	Cross Train	Easy 10 Miles with 4 1 minute Breaks	17
11	3/28/2010	Cross Train	Easy 4 Miles	Cross Train	Medium 35 minutes-Hills	Rest	Cross Train	Easy 11 Miles with 2 1 minute Breaks	18
12	4/4/2010	Cross Train	Easy 4 Miles	Cross Train	Medium 40 minutes	Rest	Cross Train	Easy 9 Miles No Breaks	17
13	4/11/2010	Cross Train	Easy 2 Miles	Cross Train	4 Miles Easy, 1 Mile Hard	Rest	Cross Train	Easy 5 Miles	12
14	4/18/2010	Cross Train	Easy 3 Miles	Cross Train	Cross Train	Medium 2 Miles	Rest	Rest Today Your Race is Tomorrow!	5