Half-Marathon Training

12-Week Mileage Chart

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Rest	3 m run	Rest	2 m run	Rest	3 m run	5 m run
2	Rest	3.5 m run	Rest	2 m run	Rest	3 m run	6 m run
3	Rest	3.5 m run	Rest	2 m run	Rest	3.5 m run	7 m run
4	Rest	4 m run	Rest	2 m run	Rest	3.5 m run	8 m run
5	Rest	4 m run	Rest	2 m run	Rest	4 m run	**5 K race pace**
6	Rest	4.5 m run	Rest	2 m run	Rest	4 m run	9 m run
7	Rest	4.5 m run	Rest	3 m run	Rest	4.5 m run	10 m run
8	Rest	5 m run	Rest	3 m run	Rest	4.5 m run	**10 K race pace**
9	Rest	5 m run	Rest	3 m run	Rest	5 m run	11 m run
10	Rest	5 m run	Rest	3 m run	Rest	5 m run	12 m run
11	Rest	5 m run	Rest	3 m run	Rest	5 m run	4 m run
12	Rest	3 m run	Rest	3 m run	Rest	Rest	**Race Day**