CoachJenny.com

HALF MARATHON BEGINNING RUN

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run	Cross-Train +ST	Rest/Run	Run	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Moderate Effort	Moderate Effort	Easy Effort	Conversational Effort	
i-RATE SCALE	6 - 7	7+	7 - 8	7+	6 - 7	6 - 7+	
HEART RATE	65 - 75%	70 - 75%	75 - 80%	70 - 75%	65 - 75%	70 - 75%	
WEEK 1	30 minutes	30-45 minutes	35 minutes	30-45 minutes	30-40 minutes	4 miles	Rest
WEEK 2	30 minutes	30-45 minutes	35 minutes	30-45 minutes	30-40 minutes	5 miles	Rest
WEEK 3	35 minutes	30-45 minutes	40 minutes	30-45 minutes	30-40 minutes	5 miles	Rest
WEEK 4	35 minutes	30-45 minutes	40 minutes	30-45 minutes	30-40 minutes	6 miles	Rest
WEEK 5	35 minutes	30-45 minutes	45 minutes	30-45 minutes	Rest	7 miles	Rest
WEEK 6	35 minutes	30-45 minutes	45 minutes	30-45 minutes	30-40 minutes	5 miles	Rest
WEEK 7	40 minutes	30-45 minutes	50 minutes	30-45 minutes	30-40 minutes	8 miles	Rest
WEEK 8	40 minutes	30-45 minutes	50 minutes	30-45 minutes	Rest	8 miles	Rest
WEEK 9	40 minutes	30-45 minutes	50 minutes	30-45 minutes	30-40 minutes	6 miles	Rest
WEEK 10	40 minutes	30-45 minutes	50 minutes	30-45 minutes	30-40 minutes	9 miles	Rest
WEEK 11	45 minutes	30-45 minutes	60 minutes	30-45 minutes	30-40 minutes	7 miles	Rest
WEEK 12	45 minutes	30-45 minutes	60 minutes	30-45 minutes	30-40 minutes	10 miles	Rest
WEEK 13	45 minutes	35 minutes	45 minutes	35 minutes	30 minutes	6 miles	Rest
WEEK 14	40 minutes	30 minutes	35 minutes	30 minutes	Rest	15-20 minutes	**Race Day**
RECOVERY WEEK 1	Rest	Cross-Train 20 min	Rest	Cross-Train 30 min	Rest	3 miles	Rest
RECOVERY WEEK 2	40 minutes	Cross-Train 30 min	Rest	40 minutes	Cross-Train 30 min	5 miles	Rest
RECOVERY WEEK 3	45 minutes	Cross-Train 40 min	Rest	45 minutes	Cross-Train 40 min	6 miles	Rest
RECOVERY WEEK 4	50 minutes	Cross-Train 40 min	Rest	50 minutes	Cross-Train 40 min	7 miles	Rest