



3rd Annual 1/2 Marathon / 5K Run-or-Walk
to benefit the



MID-MAINE
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PEOPLE HELPING PEOPLE

Half-Marathon Training Schedule for Beginners

Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/19	2 mile / EZ pace	REST	2 mile	REST	2.5 mile	REST	3 mile
4/26	2 mile / EZ pace	REST	2 mile	REST	3 mile	Cross-Train	4 mile
5/3	2.5 mile / EZ pace	REST	2.5 mile	Cross-Train	3 mile	REST	5 mile
5/10	2 mile / EZ pace	REST	3 mile	Cross-Train	4 mile	REST	6 mile
5/17	3 mile / EZ pace	REST	3 mile	Cross-Train	3 mile	REST	7 mile
5/24	3 mile / EZ pace	REST	4 mile	Cross-Train	4 mile	REST	8 mile
5/31	3 mile / EZ pace	REST	4 mile	REST	4 mile	Cross-Train	9 mile
6/7	3 mile / EZ pace	REST	4 mile	Cross-Train	3 mile	REST	10 mile
6/13	3 mile / EZ pace	REST	5 mile	Cross-Train	4 mile	REST	11 mile
6/20	REST	3 mile / EZ pace	4 mile	REST	3 mile	Cross-Train	12 mile
6/27	3 mile / EZ pace	REST	Cross-Train	REST	3 mile	Cross-Train	5 mile
7/5	2.5 mile / EZ pace	REST	2 mile	20 min.	REST	20 min.	RACE DAY!

Congratulations on your decision to train for your first half-marathon! This schedule is perfect for a beginner runner and a first-time half-marathoner whose goal is simply to finish the 13.1-mile race. To start this plan, you should have been running for at least two months and should have a base mileage of about 8-10 miles per week.

If you haven't already had a physical, visit your doctor for medical clearance to train for a marathon.

Notes about the schedule:

Tuesdays: Most Tuesdays are rest days. Rest is critical to your recovery and injury prevention efforts, so don't ignore rest days.

Wednesdays & Fridays: After your warm up, run at a moderate pace (slightly faster than your long run pace) for the designated mileage. Cool down and stretch after your run.

Thursdays: Some Thursdays are designated rest days. Others are cross-training (CT) days, when you should do a cross-training activity (biking, swimming, elliptical trainer, etc.) at easy-to-moderate effort for 30 to 45 minutes.

Saturdays: Do a cross-training (CT) activity (biking, swimming, elliptical trainer, etc.) at easy-to-moderate effort for 30 to 45 minutes. If you're feeling very sluggish or sore on Saturday, take a rest day. It's important that you're feeling strong for your Sunday long run.

Sundays: This is the day for your long, slow, distance run. Run the designated mileage at an easy, conversational pace. Use your breathing as your guide. You should be able to breathe easily and talk in complete sentences comfortably during your run.

Monday: This is an active recovery day. Your short run should be at a very easy (EZ), comfortable pace, which helps loosen up your muscles.

Note: You can switch days to accommodate your schedule. If you're busy one day, it's fine to swap a rest day for a run day.