

# Couch to Half Marathon – 14 Week Plan

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## **Training Key:**

**Easy Runs (ER):** Perform these runs at a comfortable, conversational pace. If you find yourself huffing and puffing, slow down.

**Run/Walk (RW):** Alternate between running and walking. Perform your walk intervals at a brisk pace, so it's not too difficult to transition back to running. Try alternating between one minute of walking and one minute of running. If this feels too easy, increase the amount of time you run. If it's too difficult, walk for longer. Once you find a ratio that works best for you, gradually increase your running intervals and decrease your walking intervals each week.

**Walks (W):** You'll walk some of your miles so you can safely build your fitness, but keep a brisk pace.

**Tempo Runs (TR):** Tempo runs build your confidence and improve your speed. They should be performed at a "comfortably hard" pace – faster than your easy runs, but not so tough so that you're breathing heavily. Start your tempo runs with a warm-up mile of easy running and finish with a relaxed cool-down mile.

**Cross Training (XT):** Incorporate one or two days of non-impact cross-training, such as cycling, elliptical, swimming and yoga into your routine to build your fitness and prevent injuries.

**Strength Training (ST):** Perform 20 minutes of lower body and core strengthening exercises (pushups, squats, lunges, deadlifts, planks, etc.).

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## **Week 1:**

MON	Rest Day	
TUE	RW 2 miles	
WED	XT 30 minutes	
THU	RW 2 miles	
FRI	Rest Day	
SAT	RW 3 miles	
SUN	W 2 miles	

## **Week 2:**

MON	Rest Day	
TUE	RW 3 miles + ST	
WED	XT 30 minutes	
THU	RW 2 miles	
FRI	Rest Day	
SAT	RW 3 miles	
SUN	W 2 miles	

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### Week 3:

MON	Rest Day	
TUE	RW 3 miles + ST	
WED	XT 30 minutes	
THU	RW 2 miles	
FRI	Rest Day	
SAT	RW 3 miles	
SUN	W 2 miles	

### Week 4:

MON	Rest Day	
TUE	ER 2 miles + ST	
WED	XT 30 minutes	
THU	ER 3 miles	
FRI	Rest Day	
SAT	ER 4 miles	
SUN	W 3 miles	

### Week 5:

MON	Rest Day	
TUE	ER 3 miles + ST	
WED	XT 40 minutes	
THU	ER 3 miles	
FRI	Rest Day	
SAT	ER 5 miles	
SUN	RW 3 miles	

### Week 6:

MON	Rest Day	
TUE	ER 3 miles + ST	
WED	XT 40 minutes	
THU	ER 3 miles	
FRI	Rest Day	
SAT	ER 6 miles	
SUN	RW 3 miles	

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### Week 7:

MON	Rest Day	
TUE	ER 4 miles + ST	
WED	XT 40 minutes	
THU	ER 4 miles	
FRI	Rest Day	
SAT	ER 7 miles	
SUN	RW 3 miles	

### Week 8:

MON	Rest Day	
TUE	ER 4 miles + ST	
WED	XT 40 minutes	
THU	TR 4 miles	
FRI	Rest Day	
SAT	ER 8 miles	
SUN	RW 3 miles	

### Week 9:

MON	Rest Day	
TUE	ER 4 miles + ST	
WED	XT 45 minutes	
THU	TR 4 miles	
FRI	XT 30 min. or Rest	
SAT	ER 9 miles	
SUN	RW 4 miles	

### Week 10:

MON	Rest Day	
TUE	ER 4 miles + ST	
WED	XT 40 minutes	
THU	TR 4 miles	
FRI	XT 30 min. or Rest	
SAT	ER 10 miles	
SUN	RW 3 miles	

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### Week 11:

MON	Rest Day	
TUE	ER 4 miles + ST	
WED	XT 40 minutes	
THU	TR 4 miles	
FRI	XT 30 min. or Rest	
SAT	ER 10 miles	
SUN	RW 3 miles	

### Week 12:

MON	Rest Day	
TUE	ER 4 miles + ST	
WED	XT 40 minutes	
THU	TR 4 miles	
FRI	Rest Day	
SAT	ER 11 miles	
SUN	RW 3 miles	

### Week 13:

MON	Rest Day	
TUE	ER 4 miles + ST	
WED	XT 40 minutes	
THU	ER 4 miles	
FRI	Rest Day	
SAT	ER 6 miles	
SUN	RW 3 miles	

### Week 14:

MON	Rest Day	
TUE	ER 4 miles	
WED	Rest Day	
THU	ER 3 miles	
FRI	Rest Day	
SAT	Race Day or ER 2 miles	
SUN	Race Day or Rest Day	

Celebrate!! You did it!! You're AWESOME!!! Now....when's your next race?! 😊