



# Half Marathon Training Guide

*Heart & Soles*  
HALF MARATHON & 5K

Congratulations on choosing to train for a half-marathon! Use our guide below as a reference for your training. Feel free to switch up the workouts as you need, but try to have at least one rest day each week. If you miss a workout, just continue with your training rather than doubling up workouts. We also suggest teaming up with a friend for the longer weekend runs. Keep in mind that you should consult your doctor before beginning an extensive training program. Best of luck!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Stretch and strength or cross train for 30 minutes	3 mile run easy; Continue to focus on breathing	2 mile run or cross train (swim, bike, elliptical, etc...)	3 mile run easy + stretch and strength train	Rest	30 min cross train (bike, elliptical, swim, tennis, or any physical activity)	4 mile run
2	Stretch and strength or cross train for 30 minutes	3 mile run easy; Continue to focus on breathing	2 mile run or cross train (swim, bike, elliptical, etc...)	3 mile run easy + stretch and strength train	Rest	30 min cross train (bike, elliptical, swim, tennis, or any physical activity)	4 mile run
3	Stretch and strength or cross train for 30 minutes	3.5 mile run easy; Continue to focus on breathing	2 mile run or cross train (swim, bike, elliptical, etc...)	3.5 mile run easy + stretch and strength train	Rest	40 min cross train (bike, elliptical, swim, tennis, or any physical activity)	5 mile run
4	Stretch and strength or cross train for 30 minutes	3.5 mile run easy; Focus on keeping posture good through the whole run	2 mile run or cross train (swim, bike, elliptical, etc...)	3.5 mile run easy + stretch and strength train	Rest	40 min cross train (bike, elliptical, swim, tennis, or any physical activity)	5 mile run
5	Stretch and strength or cross train for 30 minutes	4 mile run easy; Focus on keeping posture good through the whole run	2 mile run or cross train (swim, bike, elliptical, etc...)	4 mile run easy + stretch and strength train	Rest	40 min cross train (bike, elliptical, swim, tennis, or any physical activity)	6 mile run; Start focusing on hydration and nutrition. You have to find what works best for you.



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6	Stretch and strength or cross train for 45 minutes	4 mile run easy; Focus on keeping posture good through the whole run	2 mile run or cross train (swim, bike, elliptical, etc...)	4 mile run easy + stretch and strength train	Rest or easy 30 minutes	Rest	5K race; If there aren't any 5K races around, then run 3.1 on your own but push your limits
7	Stretch and strength or cross train for 45 minutes	4.5 mile run easy; Focus on breathing and posture together	3 mile run or cross train (swim, bike, elliptical, etc...)	4.5 mile run easy + stretch and strength train	Rest	50 min cross train (bike, elliptical, swim, tennis, or any physical activity)	7 mile run; Start thinking about hydration and nutrition and learn what works best for you.
8	Stretch and strength or cross train for 45 minutes	4.5 mile run easy; Focus on breathing and posture together	3 mile run or cross train (swim, bike, elliptical, etc...)	4.5 mile run easy + stretch and strength train	Rest	50 min cross train (bike, elliptical, swim, tennis, or any physical activity)	8 mile run; Stay hydrated and eat foods to fuel your body
9	Stretch and strength or cross train for 45 minutes	5 mile run easy; Focus on breathing and posture together	3 mile run or cross train (swim, bike, elliptical, etc...)	5 mile run easy + stretch and strength train	Rest or easy 30 minutes	Rest	10K race; If there aren't any races around, run 6.2 on your own but push your limits



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10	Stretch and strength or cross train for 45 minutes	5 mile run easy; Start playing out the race in your head.	3 mile run or cross train (swim, bike, elliptical, etc...)	5 mile run easy + stretch and strength train	Rest	60 min cross train (bike, elliptical, swim, tennis, or any physical activity)	9 mile run; Remember to consider nutrition and hydration
11	Stretch and strength or cross train for 45 minutes	5 mile run easy; Imagine the finish line!	3 mile run or cross train (swim, bike, elliptical, etc...)	5 mile run easy + stretch and strength train	Rest	60 min cross train (bike, elliptical, swim, tennis, or any physical activity)	11 mile run; Prepare with adequate food and water.
12	Stretch and strength or cross train for 30 minutes	4 mile run easy; Visualize the route!	3 mile run or cross train (swim, bike, elliptical, etc...)	4 mile run easy + stretch and strength train	Rest	Race Day!!!	Keep on celebrating!