

Half Marathon Training

For beginners



**STRESSLESS
RUNNING**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CROSS TRAIN: WALK OR BIKE FOR 30 MINUTES	2 MILES EASY EFFORT	STRENGTH TRAINING	3 MILES EASY EFFORT	REST DAY	4 MILES EASY EFFORT	REST DAY
CROSS TRAIN: WALK OR BIKE FOR 30 MINUTES	2 MILES EASY EFFORT	STRENGTH TRAINING	3 MILES EASY EFFORT	REST DAY	5 MILES EASY EFFORT	REST DAY
CROSS TRAIN: WALK OR BIKE FOR 30 MINUTES	3 MILES EASY EFFORT	STRENGTH TRAINING	4 MILES EASY EFFORT	REST DAY	5 MILES FINISH WITH STRIDES	REST DAY
CROSS TRAIN: WALK OR BIKE FOR 30 MINUTES	3 MILES INCLUDE BURSTS OF SPEED DURING FINAL MILE	STRENGTH TRAINING	4 MILES HILLY ROUTE	REST DAY	6 MILES EASY EFFORT	REST DAY

JUMP START YOUR RACE TRAINING WITH THE FIRST 4 WEEKS OF THIS RACE PLAN CREATED BY RRCA CERTIFIED RUNNING COACH CHRISTIE ZOOK.

WANT MORE TRAINING PLAN INFORMATION TO RACE YOUR BEST?

FOR MORE PLANS AND PERSONALIZED COACHING VISIT:

[HTTPS://WWW.STRESSLESS-LIFESTYLE.COM/RUNNING](https://www.stressless-lifestyle.com/running)

OR:

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