

Novice Half Marathon

Choose the “Novice” Half Marathon Calendar (red) if you are new to running or walking, or returning after a lay off. Remember, it’s okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks --- walking for a certain amount of time after running for a number of minutes or walking first and building into a run. This run/walk combo can be repeated throughout a run.

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Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week Total
1	Rest	2	Rest	2	Rest	2	3	9
2	Rest	2	Rest	2	Rest	3	3	10
3	Rest	2	2	2	Rest	3	4	13
4	Rest	2	2	2	Rest	3	5	14
5	Rest	2	2	2	Rest	2	4	12
6	Rest	3	2	2	Rest	3	6	16
7	Rest	3	2	3	Rest	2	8	17
8	Rest	3	2	3	Rest	3	5	16
9	Rest	3	2	3	Rest	2	9	19
10	Rest	3	2	4	Rest	3	7	18
11	Rest	4	2	4	Rest	4	8	21
12	Rest	4	3	4	Rest	4	9	24
13	Rest	4	4	4	Rest	5	8	25
14	Rest	4	4	3	Rest	5	10	26
15	Rest	4	3	3	Rest	5	7	22
16	Rest	4	4	4	Rest	5	10	27
17	Rest	4	4	3	Rest	4	7	22
18	Rest	3	3	Rest	Rest	Rest	13.1	21+