



16-Week Half Marathon Training Plan

	Week 1							Week 2							Week 3							Week 4																		
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28												
	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S												
Daily Weekly Increase	3		3		3.1		9.1		3		3		3.5		9.5		4%		3.5		4		10.5		11%		3.5		3.5		4.5		11.5		10%					
	Week 5							Week 6							Week 7							Week 8																		
	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42	Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49	Day 50	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56												
	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S												
Daily Weekly Increase	4		3.5		5		12.5		4		3.5		5.5		13		4%		4		4		6		14		8%		4		4		6.5		14.5		4%			
	Week 9							Week 10							Week 11							Week 12																		
	Day 57	Day 58	Day 59	Day 60	Day 61	Day 62	Day 63	Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70	Day 71	Day 72	Day 73	Day 74	Day 75	Day 76	Day 77	Day 78	Day 79	Day 80	Day 81	Day 82	Day 83	Day 84												
	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S												
Daily Weekly Increase	4.5		4		7		15.5		7%		4.5		4		7.5		16		3%		4.5		4.5		8		17		6%		4.5		4		9		17.5		3%	
	Week 13							Week 14							Week 15							Week 16																		
	Day 85	Day 86	Day 87	Day 88	Day 89	Day 90	Day 91	Day 92	Day 93	Day 94	Day 95	Day 96	Day 97	Day 98	Day 99	Day 100	Day 101	Day 102	Day 103	Day 104	Day 105	Day 106	Day 107	Day 108	Day 109	Day 110	Day 111	Race Day												
	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S												
Daily Weekly Increase	4.5		4		10		18.5		6%		5		4		11		20		8%		5		4		12		21		5%		5		3		13.1		21.1		0%	

