

Qualifier Half Marathon Training Schedule- Run

	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	January 14	2 miles	rest	15 min run	rest	20 min run	easy walk	rest
Week 2	January 21	3 miles	rest	20 min run	rest	25 min run	easy walk	rest
Week 3	January 28	4 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 4	February 4	5 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week5	February 11	2.5 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 6	February 18	6.5 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 7	February 25	3 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 8	March 3	8 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 9	March 10	3 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 10	March 17	9.5 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 11	March 24	4 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 12	March 31	10 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 13	April 7	4 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 14	April 14	12.5 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 15	April 21	4 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 16	April 28	14 miles	rest	30 min run	rest	30 min run	easy walk	rest
Week 17	May 5	14 miles	rest	30 min walk	rest	30 min walk	easy walk	rest
Week 18	May 12	5 miles	rest	30 min walk	rest	30 min walk	easy walk	30 min walk
	May 19	rest	Half Marathon					