

# Beginning Half Marathon Program

**WEEK MON TUE WED THU FRI SAT SUN**

<b>1</b>	15 min walk or jog	REST or Cross Train	15 min walk or jog	15 min walk or jog	REST or Cross Train	2 mile walk or jog	REST
<b>2</b>	20 min walk or jog	REST or Cross Train	20 min walk or jog	25 min jog	REST or Cross Train	2-3 mile walk or jog	REST
<b>3</b>	30 min walk or jog	REST or Cross Train	25 min jog	REST or Cross Train	25 min walk or jog	3-4 mile walk or jog	REST
<b>4</b>	30 min walk or jog	REST or Cross Train	30 min jog	REST or Cross Train	30 min walk/jog	4-5 mile walk or jog	REST
<b>5</b>	35 min walk or jog	REST or Cross Train	30 min walk or jog	REST or cross train	35 min jog	5 mile walk or jog	REST
<b>6</b>	30 min walk or jog	40 min jog	30 min walk or jog	REST or Cross Train	35 min walk or jog	6-7 mile walk or jog	REST

**ParktoPark**  
 $\frac{1}{2}$  marathon  
 Waynesboro → Stuarts Draft

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CUSTOMIZED TRAINING PROGRAMS FOR ALL ABILITIES

## TIPS FOR BEGINNERS

- Start slow, go slow, and relax. You don't get in shape all in one day.
- Do your best to be consistent. Find friends to train with, set a routine time to workout. If you miss a workout, it is ok. Move on to the next.
- Add resistance or other exercise into your training when you feel able. Focus on the whole body.

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7	30 min walk or jog	40 min jog with 5-6 short hills	REST or Cross Train	30 min walk or jog	25 min walk or jog	8 mile walk or jog	REST
8	35 min walk or jog	40 min jog	REST or Cross Train	35 min walk or jog	30 min jog	8-9 mile walk or jog	REST
9	30 min walk or jog	45 min jog with 4-5 long hills	REST or Cross Train	35 min walk or jog	30 min jog	9-10 mile walk or jog	REST
10	40 min walk or jog	50 min jog	35 min walk or jog	REST or Cross Train	35 min jog	10-11 miles walk or jog	REST
11	40 min walk or jog	45 min jog with 4-5 easy hills	30 min walk or jog	REST or Cross Train	35 min jog	7-8 miles walk or jog	REST
12	40 min walk or jog	25 min jog	30 min walk or jog	20 min walk or jog	REST	<b>RACE!</b>	REST

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