

Thank you for downloading the half marathon training schedules. There are two different training schedules within this document. The first training schedule which is labeled, *Standard*, is for runners that can complete a 5K by running or walking. The second training schedule which is labeled, *Beginner*, is for runners that haven't run in a while or have trouble completing a 5K. The beginner training schedule allows an additional 3 weeks to complete the training. While, the standard schedule has a total of 12 weeks of training.

If you would like to purchase the guide that goes along with these training schedules, please click on one of the following:

### **English – eBook/Paperback**

[Beginner's Guide to Half Marathons: A Simple Step-by-step solution to get you to the finish line in 12 weeks! \(CLICK HERE\)](#)

### **English – Audio**

[Beginner's Guide to Half Marathons: A Simple Step-by-step solution to get you to the finish line in 12 weeks! \(CLICK HERE\)](#)

### **Español – eBook/Paperback**

[Guía de Medio Maratón para Principiantes: ¡Una solución simple de paso a paso para llevarte a la línea de meta en 12 semanas! \(CLICK HERE\)](#)

### **Español – Audio**

[Guía de Medio Maratón para Principiantes: ¡Una solución simple de paso a paso para llevarte a la línea de meta en 12 semanas! \(CLICK HERE\)](#)

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**TRAINING SCHEDULES START ON NEXT PAGE**



## Standard Training Schedule (12 weeks)

Week #	Mon.	Tues. (EP)	Wed. (HMP)	Thur. (MP)	Fri.	Sat. (LD)	Sun.
1	Rest	3 mi	3 mi	3 mi	Rest	4 mi	Rest/CT
2	Rest	3 mi	3 mi	3 mi	Rest	5 mi	Rest/CT
3	Rest	3 mi	4 mi	3 mi	Rest	6 mi	Rest/CT
4	Rest	3 mi	4 mi	3 mi	Rest	5k	Rest/CT
5	Rest	3 mi	4 mi	3 mi	Rest	7 mi	Rest/CT
6	Rest	3 mi	4 mi	3 mi	Rest	8 mi	Rest/CT
7	Rest	3 mi	5 mi	3 mi	Rest	10K	Rest/CT
8	Rest	3 mi	5 mi	3 mi	Rest	9 mi	Rest/CT
9	Rest	3 mi	5 mi	Rest	Rest	Beta 13.1	Rest/CT
10	Rest	3 mi	5 mi	3 mi	Rest	11 mi	Rest/CT
11	Rest	3 mi	5 mi	3 mi	Rest	12 mi	Rest/CT
12	Rest	3 mi	2 mi	Rest	Rest	HM	Rest/CT

EP=Easy Pace, HMP=Half Marathon Pace,  
MP=Medium Pace, LD=Long Duration, CT=Cross Train

## Compact

	M	T	W	T	F	Sa	S
1	R	3	3	3	R	4	R/CT
2	R	3	3	3	R	5	R/CT
3	R	3	4	3	R	6	R/CT
4	R	3	4	3	R	5k	R/CT
5	R	3	R	3	R	7	R/CT
6	R	3	4	3	R	8	R/CT
7	R	3	5	3	R	10K	R/CT
8	R	3	5	3	R	9	R/CT
9	R	3	5	R	R	B13.1	R/CT
10	R	3	5	3	R	11	R/CT
11	R	3	5	3	R	12	R/CT
12	R	3	2	R	R	HM	R/CT

R=Rest, CT=Cross Train



## Beginner Training Schedule (15 weeks)

Week #	Mon.	Tues. (EP)	Wed. (HMP)	Thur. (MP)	Fri.	Sat. (LD)	Sun.
A	Rest	1 mi	1 mi	1 mi	Rest	1.5 mi	Rest/CT
B	Rest	1.5 mi	1.5 mi	1.5 mi	Rest	2 mi	Rest/CT
C	Rest	2 mi	2 mi	2 mi	Rest	3 mi	Rest/CT
1	Rest	3 mi	3 mi	3 mi	Rest	4 mi	Rest/CT
2	Rest	3 mi	3 mi	3 mi	Rest	5 mi	Rest/CT
3	Rest	3 mi	4 mi	3 mi	Rest	6 mi	Rest/CT
4	Rest	3 mi	4 mi	3 mi	Rest	5k	Rest/CT
5	Rest	3 mi	4 mi	3 mi	Rest	7 mi	Rest/CT
6	Rest	3 mi	4 mi	3 mi	Rest	8 mi	Rest/CT
7	Rest	3 mi	5 mi	3 mi	Rest	10K	Rest/CT
8	Rest	3 mi	5 mi	3 mi	Rest	9 mi	Rest/CT
9	Rest	3 mi	5 mi	Rest	Rest	Beta 13.1	Rest/CT
10	Rest	3 mi	5 mi	3 mi	Rest	11 mi	Rest/CT
11	Rest	3 mi	5 mi	3 mi	Rest	12 mi	Rest/CT
12	Rest	3 mi	2 mi	Rest	Rest	HM	Rest/CT

EP=Easy Pace, HMP=Half Marathon Pace,  
MP=Medium Pace, LD=Long Duration, CT=Cross Train

## Compact

	M	T	W	T	F	Sa	S
A	R	1	1	1	R	1.5	R/CT
B	R	1.5	1.5	1.5	R	2	R/CT
C	R	2	2	2	R	3	R/CT
1	R	3	3	3	R	4	R/CT
2	R	3	3	3	R	5	R/CT
3	R	3	4	3	R	6	R/CT
4	R	3	4	3	R	5k	R/CT
5	R	3	R	3	R	7	R/CT
6	R	3	4	3	R	8	R/CT
7	R	3	5	3	R	10K	R/CT
8	R	3	5	3	R	9	R/CT
9	R	3	5	R	R	B13.1	R/CT
10	R	3	5	3	R	11	R/CT
11	R	3	5	3	R	12	R/CT
12	R	3	2	R	R	HM	R/CT

R=Rest, CT=Cross Train



## Beginner's Guide to Half Marathons: A Simple Step-by-step solution to get you to the finish line in 12 weeks!

Standard (Kilometers)							
Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	Rest	5	5	5	Rest	6	CT/Rest
2	Rest	5	5	5	Rest	8	CT/Rest
3	Rest	5	6	5	Rest	10	CT/Rest
4	Rest	5	6	5	Rest	5K Race	CT/Rest
5	Rest	5	6	5	Rest	11	CT/Rest
6	Rest	5	6	5	Rest	13	CT/Rest
7	Rest	5	8	5	Rest	10K Race	CT/Rest
8	Rest	5	8	5	Rest	14	CT/Rest
9	Rest	5	8	Rest	Rest	21 Beta	CT/Rest
10	Rest	5	8	5	Rest	18	CT/Rest
11	Rest	5	8	5	Rest	20	CT/Rest
12	Rest	5	2	Rest	Rest	Half Marathon	CT/Rest

**CT**=Cross Training (30 minutes of biking, walking, yoga, or weight lifting, if you have the energy. If not then simply rest).

**21 Beta**=A half marathon test run. Run 16 km and then walk the remaining 5 kms.

Beginner (Kilometers)							
Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
A	Rest	1.5	1.5	1.5	Rest	2.5	CT/Rest
B	Rest	2.5	2.5	2.5	Rest	3	CT/Rest
C	Rest	3	3	3	Rest	5	CT/Rest
1	Rest	5	5	5	Rest	6	CT/Rest
2	Rest	5	5	5	Rest	8	CT/Rest
3	Rest	5	6	5	Rest	10	CT/Rest
4	Rest	5	6	5	Rest	5K Race	CT/Rest
5	Rest	5	6	5	Rest	11	CT/Rest
6	Rest	5	6	5	Rest	13	CT/Rest
7	Rest	5	8	5	Rest	10K Race	CT/Rest
8	Rest	5	8	5	Rest	14	CT/Rest
9	Rest	5	8	Rest	Rest	21 Beta	CT/Rest
10	Rest	5	8	5	Rest	18	CT/Rest
11	Rest	5	8	5	Rest	20	CT/Rest
12	Rest	5	2	Rest	Rest	Half Marathon	CT/Rest

**CT**=Cross Training (30 minutes of biking, walking, yoga, or weight lifting, if you have the energy. If not then simply rest).

**21 Beta**=A half marathon test run. Run 16 km and then walk the remaining 5 kms.



## **Pace Predictor For Half Marathons**

The table below shows you a list of predicted half marathon pace times based on your total 5k run time. Remember that these are mere predictions. You could do better or worse depending on how serious you are with your training. The overall average pace for all runners ages 20 - 99 for a 5k is about 10:30 minutes/miles, which is an overall 5k run time of 31:50.

<b>5k run time (total)</b>	<b>Half marathon pace (minutes/mile)</b>	<b>Half marathon finish times</b>
25:00	8:50	1:56
26:00	9:10	2:00
27:00	9:29	2:04
28:00	9:50	2:09
29:00	10:10	2:13
30:00	10:30	2:18
31:00	10:50	2:22
32:00	11:15	2:27
33:00	11:33	2:31
34:00	11:55	2:36
35:00	12:15	2:40
36:00	12:35	2:45
37:00	13:05	2:51
38:00	13:15	2:54
39:00	13:40	2:59
40:00	14:00	3:03
41:00	14:22	3:08
42:00	14:45	3:13
43:00	15:05	3:18
44:00	15:30	3:23
45:00	15:50	3:27
46:00	16:08	3:31
47:00	16:30	3:36
48:00	16:52	3:41
49:00	17:15	3:46
50:00	17:35	3:50
51:00	17:55	3:55
52:00	18:15	3:59
53:00	18:36	4:04

**Table 2**

Beginner's Guide to Half Marathons: A Simple Step-by-step solution to get you to the finish line in 12 weeks!

Week	Run Date	Location	Total Distance	Total Time	Pace (Min/Mile)	Notes
1						
1						
1						
1						
2						
2						
2						
2						
3						
3						
3						
3						
4						
4						
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6						
6						
6						

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Week	Run Date	Location	Total Distance	Total Time	Pace (Min/Mile)	Notes
7						
7						
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