

# The Ultimate Beginner's **Half Marathon**

## Training Plan

	mon	tues	wed	thurs	fri	sat	sun
Week One	Lower Body Strength Training	Walk -2 Run - 1 30 min. total	Upper Body Strength Training	Walk- 2, Run- 1 30 min. total	Rest Day	Walk -2 Run - 1 2 miles	Rest Day
Week Two	Lower Body Strength Training	Walk -1.5 Run - 1 30 min. total	Upper Body Strength Training	Walk- 1.5, Run- 1 30 min. total	Rest Day	Walk -1.5 Run - 1 2.5 miles	Rest Day
Week Three	Lower Body Strength Training	Walk -2 Run - 1 (Speed) 30 min. total	Upper Body Strength Training	Walk- 2, Run- 2 (Easy Pace) 30 min. total	Rest Day	Walk -2 Run - 1 3 miles	Rest Day
Week Four	Lower Body Strength Training	Walk -2 Run - 1 (Speed) 30 min. total	Upper Body Strength Training	Walk- 2, Run- 2 (Easy Pace) 30 min. total	Rest Day	Walk -2 Run - 1 4 miles	Rest Day