







12 Week Half Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	2 Miles - Moderate Pace	REST	2.5 Miles - Moderate Pace	REST	3 Miles	20-30 Minute Easy Run or Cross Train
	REST	2 Miles - Moderate Pace	REST	3 Miles - Moderate Pace	Cross Train	4 Miles	20-30 Minute Easy Run or Cross Train
	REST	2.5 Miles - Moderate Pace	Cross Train	3 Miles - Moderate Pace	REST	5 Miles	20-30 Minute Easy Run or Cross Train
	REST	3 Miles - Moderate Pace	Cross Train	4 Miles - Moderate Pace	REST	6 Miles	30 Minute Easy Run or Cross Train
	REST	3 Miles - Moderate Pace	Cross Train	3 Miles - Moderate Pace	REST	7 Miles	30 Minute Easy Run or Cross Train
	REST	4 Miles - Moderate Pace	Cross Train	4 Miles - Moderate Pace	REST	8 Miles	30 Minute Easy Run or Cross Train
	REST	4 Miles - Moderate Pace	REST	4 Miles - Moderate Pace	Cross Train	9 Miles	30 Minute Easy Run or Cross Train



	REST	4 Miles - Moderate Pace	Cross Train	3 Miles - Moderate Pace	REST	10 Miles	30 Minute Easy Run or Cross Train
	REST	5 Miles - Moderate Pace	Cross Train	4 Miles - Moderate Pace	REST	11 Miles	REST
	30 Min Easy Run or Cross Train	4 Miles - Moderate Pace	REST	3 Miles - Moderate Pace	Cross Train	12 Miles	30 Minute Easy Run or Cross Train
	REST	Cross Train	REST	3 Miles - Moderate Pace	Cross Train	5 Miles	30 Minute Easy Run or Cross Train
	REST	2 Miles - Moderate Pace	20 Min Easy Run or Cross Train	REST	20 Min Easy Run or Cross Train	RACE DAY. everyONE matters	REST

Cross Training Actives: Biking, Walking, Swimming, Elliptical Trainer, etc. for 30-45 minutes.

Training Tips:

1. Buy two pairs of shoes, and alternate between them. This way both sets are broken in on race day, but you won't be trying to run on a worn out pair of shoes.
2. Find a training and race day partner. It is always more fun together.
3. Gear up for the race by running a 5K or 10K. Success breeds success.
4. Run on different surfaces, and do not do all your training on a treadmill.
5. Practice at race pace for the long runs.
6. Try different nutrition options over the 12 weeks to figure out what works best for you.
7. Wear your race day gear for the long runs, so you get used to it.
8. Study the race course.
9. Mentally prepare yourself for the race.
10. Remember why you are racing. Just like everyONE mile matters, you are racing for everyONE victim of sex trafficking.