



Half Marathon Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	3km	REST DAY	4km	REST DAY	REST DAY	5km	REST DAY
Week 2	4km	REST DAY	4km	REST DAY	5km	6km	REST DAY
Week 3	4km	REST DAY	5km	REST DAY	REST DAY	6km	REST DAY
Week 4	5km	REST DAY	5km	REST DAY	6km	7km	REST DAY
Week 5	6km	REST DAY	5km	REST DAY	REST DAY	6km	REST DAY
Week 6	REST DAY	REST DAY	5km	REST DAY	4km	REST DAY	REST DAY
Week 7	8km	REST DAY	5km	REST DAY	REST DAY	9km	REST DAY
Week 8	5km	REST DAY	6km	REST DAY	5km	13km	REST DAY
Week 9	5km	REST DAY	5km	REST DAY	REST DAY	11km	REST DAY
Week 10	6km	REST DAY	9km	REST DAY	8km	14km	REST DAY
Week 11	REST DAY	REST DAY	5km	REST DAY	REST DAY	REST DAY	REST DAY
Week 12	8km	REST DAY	9km	REST DAY	8km	16km	REST DAY
Week 13	6km	REST DAY	5km	REST DAY	REST DAY	13km	REST DAY
Week 14	9km	REST DAY	11km	REST DAY	9km	19km	REST DAY
Week 15	5km	REST DAY	10km	REST DAY	5km	13km	REST DAY
Week 16	REST DAY	6km	REST DAY	3km	REST DAY	1KM	EVENT DAY