This beginner half marathon training program assumes you have been running consistently for at least 4-6 weeks and can run for at least thirty minutes without stopping before beginning the program. Do not run more than two consecutive days when following this schedule.

10-Week Half Marathon Training Schedule

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	3	Rest	3	3	Rest	4	Rest	13
2	3	Rest	4	3	Rest	5	Rest	15
3	3	Rest	4	3	Rest	6	Rest	16
4	3	Rest	5	3	Rest	8	Rest	19
5	3	Rest	5	3	Rest	10	Rest	21
6	4	Rest	5	4	Rest	11	Rest	24
7	4	Rest	6	4	Rest	12	Rest	26
8	4	Rest	5	4	Rest	9	Rest	22
9	3	Rest	4	3	Rest	8	Rest	18
10	3	Rest	3	Walk 2	Rest	13.1	Rest	21.1