

Beginner Half Marathon (13.1 miles) Series Training Plan

(Advised to be able to run 2-3 miles 3 times a week prior
to starting this training plan)

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	3 m	2 m	off	3 m	Cross	8 m
2	3 m	2 m	off	4 m	Cross	9 m
3	3 m	2 m	off	5 m	Cross	10 m
4	3 m	2 m	off	3 m	Cross	8 m
5	3m	3 m	off	National Interstate (8k)	Cross	11m
6	3 m	2 m	3 m	4 m	Cross	12 m
7	3 m	3 m	3 m	6 m	Cross	15 m
8	3 m	4 m	3 m	7 m	Cross	17 m
9	3 m	4 m	3 m	8 m	Cross	18 m
10	3 m	2 m	3 m	4 m	Cross	12 m
11	3 m	4 m	3 m	9 m	Cross	19 m
12	3 m	5 m	3 m	Goodyear (10k)	Cross	17.2 m
13	3 m	4 m	3 m	10 m	Cross	20 m
14	3 m	5 m	3 m	11 m	Cross	22 m
15	3 m	4 m	3 m	7 m	Cross	17 m
16	4 m	5 m	3 m	12 m	Cross	24 m
17	3 m	4 m	3 m	7 m	Cross	17 m
18	3 m	2 m	2 m	FirstEnergy (Half)	Rest	20.1 m

*Adapted from Hal Higdon Half Marathon training plans

***m=mile *Cross=Cross train- any activity, such as biking, that increases heart rate other than running *Akron Marathon assumes no liability for schedules. They are only guidelines.**