

### Half Marathon Training Schedule Sample

Week#	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total
1	3	5	Cross	4	Rest	5	Cross	17
2	3	5	Cross	4	Rest	6	Cross	18
3	3	4	Cross	4	Rest	5	Cross	16
4	4	5	Cross	5	Rest	8	Cross	22
5	4	6	Cross	5	Rest	9	Cross	24
6	3	4	Cross	4	Rest	6	Cross	17
7	4	6	Cross	5	Rest	11	Cross	26
8	4	7	Cross	5	Rest	12	Cross	28
9	3	5	Cross	4	Rest	6	Cross	18
10	3	4	Cross	3	Rest	Race 13.1		23.1

Keep in mind, while training for the half-marathon to:

- Carry a small water bottle. You MUST hydrate to stay in proper condition.
- Take a replacement gel (Gu, PowerGel, etc.) every three miles to maintain blood sugar and energy level.
- Carry an I.D. and some cash on you in case of emergency.
- If you are going to try something new, clothes, shoes, etc., do so on short walks to make sure they are right.
- After a long walk, lie down and raise your legs perpendicular to the floor (lean on an object like the wall) for at least 20 minutes within 1 hour after you finish the walk. You will be amazed how this helps your legs recover.

*The above information was prepared by Diane Graham-Henry, a USATF certified coach.*