



## Example Training Guide Half-Marathon

- **Week 1**  
Run 2 to 4 miles (or run and walk, if you're not ready to run that far yet), four or five times.
- **Week 2**  
Run 3 to 4 miles (or run and walk, if you're not ready to run that far yet), four or five times.
- **Week 3**  
Run 3 to 5 miles five times. Weekly mileage: 15 or more miles.
- **Week 4**  
Run 3 to 5 miles five or six times. Weekly mileage: 16 or more miles.
- **Week 5**  
Run 3 to 6 miles five or six times. Weekly mileage: 18 or more miles.
- **Week 6**  
Run 4 to 6 miles five times. Weekly mileage: 20 or more miles.
- **Week 7**  
An easy week. Run 3 to 5 miles four times. Weekly mileage: 12 or more miles.
- **Week 8**  
Base building is over! Long run: 6 to 8 miles; moderately long run: 5 miles; easy or tempo runs: 3 miles. One or two rest days. Weekly mileage: 20 or more miles.
- **Week 9**  
Long run: 7 to 8 miles; moderately long run: 5 miles; easy or tempo runs: 4 miles. One or two rest days. Weekly mileage: 24 or more miles.
- **Week 10**  
Long run: 7 to 8 miles; moderately long run: 6 miles; easy or tempo runs: 4 miles. One or two rest days. Weekly mileage: 25 or more miles.
- **Week 11**  
An easy week. Long run: 6 miles; moderately long run: 5 miles; easy or tempo runs: 3 miles. Two rest days. Weekly mileage: 20 miles.

■ **Week 12**

Long run: 7 to 8 miles; moderately long run: 6 miles; easy or tempo runs: 4 miles. One or two rest days. Weekly mileage: 24 or more miles.

■ **Week 13**

Long run: 7 to 8 miles; moderately long run: 6 miles; easy or tempo runs: 4 or 5 miles. One or two rest days. Weekly mileage: 24 or more miles.

■ **Week 14**

Long run: 8 to 9 miles; moderately long run: 6 miles; easy or tempo runs: 4 or 5 miles. One or two rest days. Weekly mileage: 26 or more miles.

■ **Week 15**

Time to taper off the hard training. Long run: 7 miles; moderately long run: 5 miles; easy or tempo runs: 3 to 4 miles. Two rest days. Weekly mileage: 21 to 23 miles.

■ **Week 16**

The Half-Marathon is Sunday! Taper off the training. Do a few easy runs of 4 to 6 miles, maybe one tempo run. Rest on Friday and Saturday. Have a nice pasta dinner at the Expo and sleep well the night before. The best of luck!

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