

MARATHON HANDBOOK

16 WEEK HALF MARATHON TRAINING PLAN : MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	12 miles
			3 miles <i>RPE: 3-4</i>	2 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>	45-60 mins	4 miles <i>RPE: 2-3</i>	
2		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	13 miles
			3 miles <i>RPE: 3-4</i>	2 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 3-4</i>	45-60 mins	5 miles <i>RPE: 2-3</i>	
3		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	14 miles
			3.5 miles <i>RPE: 3-4</i>	2 miles <i>RPE: 3-4</i>		3.5 miles <i>RPE: 3-4</i>	45-60 mins	5 miles <i>RPE: 2-3</i>	
4		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	15 miles
			3.5 miles <i>RPE: 3-4</i>	2 miles <i>RPE: 3-4</i>		3.5 miles <i>RPE: 3-4</i>	45-60 mins	6 miles <i>RPE: 2-3</i>	
5		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	16.5 miles
			4 miles <i>RPE: 3-4</i>	2.5 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>	45-60 mins	6 miles <i>RPE: 2-3</i>	
6		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	14.5 miles
			4 miles <i>RPE: 3-4</i>	2.5 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>	45-60 mins	4 miles <i>RPE: 2-3</i>	
7		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	17.5 miles
			4 miles <i>RPE: 3-4</i>	2.5 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>	45-60 mins	7 miles <i>RPE: 2-3</i>	
8		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	19 miles
			4 miles <i>RPE: 3-4</i>	2.5 miles <i>RPE: 3-4</i>		4 miles <i>RPE: 3-4</i>	45-60 mins	8 miles <i>RPE: 2-3</i>	
9		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	17 miles
			4.5 miles <i>RPE: 3-4</i>	2.5 miles <i>RPE: 3-4</i>		4.5 miles <i>RPE: 3-4</i>	45-60 mins	5 miles <i>RPE: 2-3</i>	
10		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	20 miles
			4.5 miles <i>RPE: 3-4</i>	2.5 miles <i>RPE: 3-4</i>		4.5 miles <i>RPE: 3-4</i>	45-60 mins	8 miles <i>RPE: 2-3</i>	
11		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	21 miles
			4.5 miles <i>RPE: 3-4</i>	2.5 miles <i>RPE: 3-4</i>		4.5 miles <i>RPE: 3-4</i>	45-60 mins	9 miles <i>RPE: 2-3</i>	
12		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	18 miles
			4.5 miles <i>RPE: 3-4</i>	2.5 miles <i>RPE: 3-4</i>		4.5 miles <i>RPE: 3-4</i>	45-60 mins	6 miles <i>RPE: 2-3</i>	
13		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	22 miles
			5 miles <i>RPE: 3-4</i>	3 miles <i>RPE: 3-4</i>		5 miles <i>RPE: 3-4</i>	45-60 mins	9 miles <i>RPE: 2-3</i>	
14		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	24 miles
			5 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>		5 miles <i>RPE: 3-4</i>	45-60 mins	10 miles <i>RPE: 2-3</i>	
15		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	20 miles
			5 miles <i>RPE: 3-4</i>	3 miles <i>RPE: 3-4</i>		5 miles <i>RPE: 3-4</i>	45-60 mins	7 miles <i>RPE: 2-3</i>	
16		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	HALF MARATHON	21 miles
			3 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 2-3</i>		2 miles <i>RPE: 2-3</i>	13.1 miles <i>RPE: 5</i>	