

20 Week Half-Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Target Mileage
1	0.5	Rest	0.5	Rest	0.5	Rest	Rest	1.5
2	0.7	Rest	1	Rest	1	Rest	Rest	2.7
3	1	Rest	1	Cross Train for 20 min	1.5	Rest	Rest	3.5
4	1	Cross Train for 20 min	1.5	Cross Train for 20 min	1.5	Rest	Rest	4
5	1.5	Cross Train for 20 min	1.5	Cross Train for 25 min	2	Rest	Rest	5
6	1.5	Cross Train for 25 min	2	Cross Train for 30 min	2.5	Rest	Rest	6
7	2	Cross Train for 30 min	2	Cross Train for 15 min Strength Train for 15 min	3	Cross Train for 15 min	Rest	7
8	2.5	Cross Train for 30 min	3	Strength Train for 30 min	4	Cross Train for 30 min	Rest	9.5
9	3.5	Cross Train for 30 min	2.5	Strength Train for 30 min	3	Cross Train for 30 min	Rest	9
10	3	Cross Train for 30 min	3.5	Strength Train for 40 min	5	Cross Train for 40 min	Rest	11.5
11	3.5	Cross Train for 30 min	3.5	Strength Train for 40 min	5.5	Cross Train for 40 min	Rest	12.5
12	3.5	Strength Train for 40 min	4	Cross Train for 40 min	4.5	Strength Train for 40 min	Rest	12
13	3.5	Strength Train for 40 min	3.5	Cross Train for 40 min	7	Strength Train for 40 min	Rest	14
14	3.5	Strength Train for 40 min	4.5	Cross Train for 45 min	8	Strength Train for 45 min	Rest	16
15	4	Strength Train for 45 min	4	Cross Train for 45 min	6	Strength Train for 45 min	Rest	14
16	5	Strength Train for 45 min	5	Cross Train for 50 min	10	Strength Train for 50 min	Rest	20
17	5	Strength Train for 50 min	4.5	Cross Train for 50 min	8.5	Strength Train for 50 min	Rest	18
18	5	Strength Train for 50 min	5.5	Cross Train for 50 min	10.5	Strength Train for 55 min	Rest	21
19	5	Strength Train for 55 min	5	Cross Train for 55 min	11.5	Strength Train for 55 min	Rest	21.5
20	4	Strength Train for 55 min	3	Cross Train for 60 min	13.1	Strength Train for 60 min	Rest	20.1