

MARATHON HANDBOOK COUCH TO HALF MARATHON TRAINING PLAN : MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage		
1		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Rest Day	Long Run	Around 5.5 miles	5K PHASE	
			10 x 2 min walk 1 min run		10 x 2 min walk 1 min run			1.5 miles (walk if needed)			
		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Walk / Run	Long Run			Around 8 miles
			15 x 1 min walk 1 min run		15 x 1 min walk 1 min run		15 x 1 min walk 1 min run	2 miles (walk if needed)			
Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Walk / Run	Long Run	Around 9 miles				
	15 x 0.5 min walk 1.5 min run		15 x 0.5 min walk 1.5 min run		15 x 0.5 min walk 1.5 min run	2.5 miles (walk if needed)					
Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Rest Day			Around 8 miles			
	10 x 1 min walk 2 min run		10 x 1 min walk 2 min run		45-60 mins	5k					
Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	10.5 miles		10K PHASE		
	2.5 miles <i>RPE: 3-4</i>	1.5 miles <i>RPE: 3-4</i>	2.5 miles <i>RPE: 3-4</i>	45-60 mins	4 miles <i>RPE: 2-3</i>						
Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run		11 miles			
	2.5 miles <i>RPE: 3-4</i>	1.5 miles <i>RPE: 3-4</i>	2.5 miles <i>RPE: 3-4</i>	45-60 mins	4.5 miles <i>RPE: 2-3</i>						
Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	15 miles				
	3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>	3 miles <i>RPE: 3-4</i>	45-60 mins	5 miles <i>RPE: 2-3</i>						
Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	10k		16 miles			
	3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>	3 miles <i>RPE: 3-4</i>	45-60 mins							
Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	15 miles		HALF MARATHON PHASE		
	3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>	3 miles <i>RPE: 3-4</i>	45-60 mins	5 miles <i>RPE: 2-3</i>						
Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run		17 miles			
	3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>	3 miles <i>RPE: 3-4</i>	45-60 mins	7 miles <i>RPE: 2-3</i>						
Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	22 miles				
	4 miles <i>RPE: 3-4</i>	5 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>	45-60 mins	9 miles <i>RPE: 2-3</i>						
Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run		19 miles			
	4 miles <i>RPE: 3-4</i>	5 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>	45-60 mins	6 miles <i>RPE: 2-3</i>						
Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	24 miles				
	4 miles <i>RPE: 3-4</i>	5 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>	45-60 mins	11 miles <i>RPE: 2-3</i>						
Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run		23 miles			
	4 miles <i>RPE: 3-4</i>	6 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>	45-60 mins	9 miles <i>RPE: 2-3</i>						
Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	HALF MARATHON	21.1 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>					