

Commonwealth Running Company Half Marathon Training Programs

12-Week Beginner Half Marathon Program

 commonwealth <small>RUNNING COMPANY</small>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One	1 mile	2 miles	Rest	2 miles	Rest	3 miles	2 miles
Week Two	Rest	2 miles	Rest	3 miles	Cross Train 30 minutes	4 miles	2 miles
Week Three	Rest	2.5 miles	2 miles	3 miles	Cross Train 30 minutes	5 miles	2 miles
Week Four	Rest	3 miles	Rest	4 miles	Cross Train 30 minutes	6 miles	3 miles
Week Five	Rest	3 miles	3 miles	3 miles	Cross Train 30 minutes	7 miles	3 miles
Week Six	Rest	4 miles	3 miles	4 miles	Cross Train 30 minutes	8 miles	2 miles
Week Seven	Rest	4 miles	Rest	4 miles	Cross Train 30 minutes	9 miles	3 miles

Week Eight	Rest	5 miles	3 miles	5 miles	Cross Train 30 minutes	10 miles	2 miles
Week Nine	Rest	5 miles	3 miles	4 miles	Cross Train 30 minutes	11 miles	Rest
Week Ten	Rest	4 miles	Rest	3 miles	Cross Train 30 minutes	12 miles	2 miles
Week Eleven	Rest	4 miles	Rest	3 miles	Cross Train 30 minutes	5 miles	2.5 miles
Week Twelve	Rest	2 miles	20 minute run/walk	Rest	15 minute run/walk	RACE DAY 13.1 miles	Walk 20 minutes


12-Week Intermediate Half Marathon Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One	7 miles easy	3 miles speed + strength	Cross Train	5 miles tempo	Rest Day	10 miles easy	Cross Train

Week Two	7 miles easy	4 miles speed + strength	Cross Train	6 miles, 4 at HM pace	Rest Day	11 miles easy	Cross Train
Week Three	7 miles easy	5 miles speed + strength	Cross Train	8 miles tempo	Rest Day	12 miles, 4 at HM pace	Cross Train
Week Four	7 miles easy	3 miles speed + strength	Cross Train	4 miles tempo	Rest Day	3 miles easy	10K Race
Week Five	7 miles easy	4 miles speed + strength	Cross Train	5 miles tempo	Rest Day	10 miles easy	Cross Train
Week Six	7 miles easy	5 miles speed + strength	Cross Train	6 miles tempo	Rest Day	11 miles easy	Cross Train
Week Seven	7 miles easy	6 miles speed + strength	Cross Train	7 miles, 5 at HM pace	Rest Day	12 miles easy	Cross Train
Week Eight	7 miles easy	3 miles speed + strength	Cross Train	8 miles tempo	Rest Day	13.1 miles at HM pace	Rest Day
Week Nine	7 miles easy	5 miles speed + strength	Cross Train	6 miles tempo	Rest Day	7 miles easy	Cross Train
Week Ten	7 miles easy	6 miles speed + strength	Cross Train	6 miles tempo	Rest Day	12 miles, 7 at HM pace	Cross Train

Week Eleven	7 miles easy	5 miles speed + strength	Cross Train	6 miles tempo	Rest Day	7 miles easy	Cross Train
Week Twelve	7 miles easy	3 miles speed	Cross Train	Rest Day	Rest Day	3 miles easy	13.1 Mile Race!

10-Week Advanced Half Marathon Program

 Commonwealth Running Company	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One	7 miles easy	3 miles speed + strength	Cross Train	5 miles tempo	Rest Day	10 miles easy	Cross Train
Week Two	7 miles easy	4 miles speed + strength	Cross Train	6 miles, 4 at HM pace	Rest Day	11 miles easy	Cross Train
Week Three	8 miles easy	5 miles speed + strength	Cross Train	8 miles tempo	Rest Day	12 miles, 4 at HM pace	Cross Train
Week Four	7 miles easy	4 miles speed + strength	Cross Train	6 miles tempo	Rest Day	7 miles easy	10K Race
Week Five	7 miles easy	5 miles speed + strength	Cross Train	7 miles tempo	Rest Day	10 miles easy	Cross Train

Week Six	7 miles easy	6 miles speed + strength	Cross Train	8 miles tempo	Rest Day	11 miles easy	Cross Train
Week Seven	7 miles easy	6 miles speed + strength	Cross Train	8 miles, 5 at HM pace	Rest Day	12 miles easy	Cross Train
Week Eight	7 miles easy	6 miles speed + strength	Cross Train	9 miles tempo	Rest Day	13.1 miles at HM pace	Rest Day
Week Nine	7 miles easy	5 miles speed + strength	Cross Train	7 miles tempo	Rest Day	7 miles easy	Cross Train
Week Ten	7 miles easy	4 miles speed	Cross Train	Rest Day	Rest Day	13.1 Mile Race!	2 miles easy