

## BEGINNER 10 WEEK HALF-MARATHON TRAINING PLAN

- Perfect for individuals running less than 10 miles per week.
- 2-3 runs per week. One of these is the long run. Run these at a comfortable pace.
- Long run will gradually build up to 10-11 miles. Add walking breaks into these (if needed) runs as mileage increases.
- You may add in 1-2 days of strength training and non-impact cardio on days you are not running.
- Please call Joint Ventures Physical Therapy to set up complimentary injury screening: 617- 536- 1161 if there are injury concerns.
- Please email me [jfurey611@gmail.com](mailto:jfurey611@gmail.com) with any questions.

|         | Mon.    | Tues. | Wed.    | Thurs. | Fri.   | Sat.      | Sun |
|---------|---------|-------|---------|--------|--------|-----------|-----|
| Week 1  | 2mi.    |       | 2mi.    |        |        | 3mi.      |     |
| Week 2  | 2.5 mi. |       | 2.5 mi. |        |        | 4mi.      |     |
| Week 3  | 3.0 mi. |       | 3.0 mi. |        |        | 5 mi.     |     |
| Week 4  | 3.5 mi. |       | 3.5 mi. |        |        | 6 mi.     |     |
| Week 5  | 3.5 mi. |       | 3.5 mi. |        |        | 7 mi.     |     |
| Week 6  | 4.0 mi. |       | 4.0 mi  |        |        | 8 mi.     |     |
| Week 7  | 4.0 mi. |       | 4.0 mi. |        |        | 9 mi.     |     |
| Week 8  | 4.5 mi. |       | 4.5 mi. |        |        | 10-11 mi. |     |
| Week 9  | 5.0 mi. |       | 5.0 mi. |        |        | 8-9 mi.   |     |
| Week 10 | 5.0 mi. |       | 4.0 mi. |        | 2.0 mi | Race      |     |