



HEALING MOTION  
PHYSICAL THERAPY



## Half Marathon Training Plan

### Half Marathon

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	1 mile	Cross	2 miles	Rest	Cross	3 miles
Week 2	Rest	2 miles	Cross	2 miles	Rest	Cross	4 miles
Week 3	Rest	2 miles	Cross	2 miles	Rest	Cross	3 miles
Week 4	Rest	2 miles	Cross	3 miles	Rest	Cross	5 miles
Week 5	Rest	3 miles	Cross	3 miles	Rest	Cross	6 miles
Week 6	Rest	2 miles	Cross	3 miles	Rest	Cross	4 miles
Week 7	Rest	3 miles	Cross	4 miles	Rest	Cross	7 miles
Week 8	Rest	4 miles	Cross	4 miles	Rest	Cross	7 miles
Week 9	Rest	3 miles	Cross	4 miles	Rest	Cross	5 miles*
Week 10	Rest	4 miles	Cross	5 miles	Rest	Cross	8 miles
Week 11	Rest	4 miles	Cross	5 miles	Rest	Cross	9 miles
Week 12	Rest	4 miles	Cross	4 miles	Rest	Cross	7 miles**
Week 13	Rest	5 miles	Cross	5 miles	Rest	Cross	9 miles
Week 14	Rest	5 miles	Cross	5 miles	Rest	Cross	10 miles
Week 15	Rest	5 miles	Cross	5 miles	Rest	Cross	11 miles
Week 16	Rest	4 miles	Cross	5 miles	Rest	Cross	9 miles
Week 17	Rest	4 miles	Cross	4 miles	Rest	Cross	7 miles
Week 18	Rest	4 miles	Cross	2 miles	Rest	<b>13.1 miles</b>	

Created by Dr. Peter McMillan, PT, DPT - Healing Motion Physical Therapy - Corvallis  
For more content, including our Running Tips and Resources, and to follow us on Social Media, scan the QR code to the right.





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\*5k race option instead

\*\*10k race option instead

**RACE WEEKEND!**

Cross training examples: Walk, Bike, Swim, Weight Lifting, Other Sports (Soccer, Ultimate Frisbee, Basketball, etc)  
Consider making Thursday a tempo run or other speed work  
For a more advanced plan, consider the HOTV Track Workout either Tuesday or Wednesday and flip-flop cross training days as needed (this may create a plan with running 4x/wk)  
This is a very loose schedule. Take it and modify it as needed to work with your life  
The specific days are not as important as the number of days and overall mileage per session

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