

# 10 Week

## HALF MARATHON TRAINING PLAN

WEEK	M	T	W	H	F	S	SU
1	3	rest	3	3	rest	4	rest
2	3	rest	4	3	rest	5	rest
3	3	rest	4	3	rest	6	rest
4	3	rest	5	3	rest	8	rest
5	3	rest	5	3	rest	10	rest
6	4	rest	5	4	rest	11	rest
7	4	rest	6	4	rest	12	rest
8	4	rest	5	4	rest	9	rest
9	3	rest	4	3	rest	8	rest
10	3	rest	3	walk 2	rest	13.1	rest