



The Chubby Runner

Half Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 mi run	3 mi run	3 mi run	30 min XT	Rest	4	Rest
2	3 mi run	3 mi pace	3 mi run	30 min XT	Rest	5	Rest
3	3 mi run	4 mi run	3 mi run	40 min XT	Rest	6	Rest
4	3 mi run	4 mi pace	3 mi run	40 min XT	Rest	7	Rest
5	3 mi run	4 mi run	3 mi run	45 min XT	Rest	8	Rest
6	3 mi run	4 mi pace	3 mi run	45 min XT	Rest	5-K Race	Rest
7	3 mi run	5 mi run	3 mi run	50 min XT	Rest	9	Rest
8	3 mi run	5 mi pace	3 mi run	50 min XT	Rest	10	Rest
9	3 mi run	5 mi run	3 mi run	60 min XT	Rest	10-K Race	Rest
10	3 mi run	5 mi pace	3 mi run	30 min XT	Rest	11	Rest
11	5 mi run	5 mi run	5 mi run	30 min XT	Rest	12	Rest
12	3 mi run	2 mi pace	2 mi run	30 min XT	Rest	Half Marathon	Pancakes