

18 Week Half Marathon Training Plan
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	1 mile	Rest	2 miles	1 miles	2 miles	Rest	3 miles
Week 2	Cross Train	Rest	2 miles	3 miles	2 miles	Rest	4 miles
Week 3	Cross Train	Rest	2 miles	3 miles	2 miles	Rest	4 miles
Week 4	Cross Train	Rest	2 miles	3 miles	2 miles	Rest	5 miles
Week 5	Cross Train	Rest	2 miles	3 miles	2 miles	Rest	6 miles
Week 6	Cross Train	Rest	2 miles	3 miles	2 miles	Rest	4 miles
Week 7	Cross Train	Rest	2 miles	3 miles	2 miles	Rest	7 miles
Week 8	Cross Train	Rest	2 miles	4 miles	3 miles	Rest	7 miles
Week 9	Cross Train	Rest	3 miles	4 miles	3 miles	Rest	5 miles
Week 10	Cross Train	Rest	3 miles	4 miles	3 miles	Rest	8 miles
Week 11	Cross Train	Rest	3 miles	4 miles	3 miles	Rest	9 miles
Week 12	Cross Train	Rest	3 miles	4 miles	4 miles	Rest	6 miles
Week 13	Cross Train	Rest	3 miles	4 miles	3 miles	Rest	10 miles
Week 14	Cross Train	Rest	4 miles	5 miles	4 miles	Rest	7 miles
Week 15	Cross Train	Rest	4 miles	5 miles	4 miles	Rest	12 miles
Week 16	Cross Train	Rest	4 miles	5 miles	4 miles	Rest	6 miles
Week 17	Cross Train	Rest	3 miles	4 miles	2 miles	Rest	7 miles
Week 18	Cross Train	Rest	2 miles	3 miles	2 miles	Rest	RACE DAY