



Run for water.

Team Living Water Half Marathon Training Program

NOVICE - "this is your first attempt – **you will do great!**"

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	3 miles	Strength and Strengthen	3 miles	2 miles or crosstrain	3 miles	Rest	30 minute cross train
Week 2	4 miles	Strength and Strengthen	3 miles	2 miles or crosstrain	3 miles	Rest	30 minute cross train
Week 3	4 miles	Strength and Strengthen	3.5 miles	2 miles or crosstrain	3.5 miles	Rest	40 minute cross train
Week 4	5 miles	Strength and Strengthen	3.5 miles	2 miles or crosstrain	3.5 miles	Rest	40 minute cross train
Week 5	5 miles	Strength and Strengthen	4 miles	2 miles or crosstrain	4 miles	Rest	40 minute cross train
Week 6	6 miles	Strength and Strengthen	4 miles	2 miles or crosstrain	4 miles	Rest	Rest
Week 7	5k race	Strength and Strengthen	4.5 miles	3 miles or crosstrain	4.5 miles	Rest	50 minute cross train
Week 8	7 miles	Strength and Strengthen	4.5 miles	3 miles or crosstrain	4.5 miles	Rest	50 minute cross train
Week 9	8 miles	Strength and Strengthen	5 miles	3 miles or crosstrain	5 miles	Rest	Rest
Week 10	10 k race	Strength and Strengthen	5 miles	3 miles or crosstrain	5 miles	Rest	60 minute cross train
Week 11	9 miles	Strength and Strengthen	5 miles	3 miles or crosstrain	5 miles	Rest	60 minute cross train
Week 12	10 miles	Strength and Strengthen	4 miles	3 miles or crosstrain	2 miles	<u>Rest</u>	<u>Rest</u>
Week 13	RACE						

NOTE: Consult your physician before beginning any exercise program.

Adapted from www.halhigdon.com

Team Living Water is a program of Living Water International
www.water.cc

