Running Overload

16 weeks half marathon training plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Rest	5 min warm up 30 min run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 20 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 60 min slow run 5 min cool down
Week 2	Rest	5 min warm up 30 min run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 20 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 65 min slow run 5 min cool down
Week 3	Rest	5 min warm up 35 min run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 25 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 70 min slow run 5 min cool down
Week 4	Rest	5 min warm up 35 min run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 25 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 75 min slow run 5 min cool down
Week 5	Rest	5 min warm up 30 min run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 20 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 60 min slow run 5 min cool down
Week 6	Rest	5 min warm up 40 min run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 30 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 80 min slow run 5 min cool down
Week 7	Rest	5 min warm up 45 min run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 30 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 90 min slow run 5 min cool down
Week 8	Rest	5 min warm up 45 min run 5 min cool down	30 min cross training	5 min warm up 10 min slow run 40 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 95 min slow run 5 min cool down
Week 9	Rest	5 min warm up 50 min run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 40 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 100 min slow run 5 min cool down
Week 10	Rest	5 min warm up 30 min run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 20 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 60 min slow run 5 min cool down
Week 11	Rest	5 min warm up 50 min run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 40 min Fartlek run 10 min slow run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 105 min slow run 5 min cool down
Week 12	Rest	5 min warm up 60 min run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 40 min Fartlek run 10 min slow run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 115 min slow run 5 min cool down
Week 13	Rest	5 min warm up 60 min run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 45 min Fartlek run 10 min slow run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 120 min slow run 5 min cool down
Week 14	Rest	5 min warm up 65 min run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 45 min Fartlek run 10 min slow run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 125 min slow run 5 min cool down
Week 15	Rest	5 min warm up 30 min run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 20 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up 60 min slow run 5 min cool down
Week 16	Rest	5 min warm up 65 min run 5 min cool down	60 min cross training	5 min warm up 10 min slow run 30 min Fartlek run 5 min cool down	Rest	5 min warm up 20 min run 5 min cool down or 30 min cross training	5 min warm up Half Marathon 5 min cool down