

## Simple Half-Marathon Program

Are you looking at running your first half-marathon? Here's a simple **twelve week program** to get you to the start line this June! If you are currently comfortable running for about 45 minutes, this gradual progression will get you to the 21km distance. No more excuses — get out the door and get ready to run!

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
Apr 1–7	Rest	5km	Cross-train	5km	Rest	Cross-train	8km
Apr 8–14	Rest	5km	Cross-train	5km w/ hills	Rest	Cross-train	9km
Apr 15–21	Rest	5km	Cross-train	5km w/ hills	Rest	Cross-train	10km
Apr 22–28	Rest	5km	Cross-train	6km	Rest	Cross-train	11km
Apr 29–May 5	Rest	6km	Cross-train	6km	Rest	Cross-train	12km
May 6–12	Rest	6km	Cross-train	6km w/ hills	Rest	Cross-train	13km
May 13–19	Rest	7km	Cross-train	6km w/ hills	Rest	Cross-train	14km
May 20–26	Rest	7km	Cross-train	7km	Rest	Cross-train	16km
May 27–June 2	Rest	8km	Cross-train	7km w/ hills	Rest	Cross-train	18km
June 3–9	Rest	8km	Cross-train	7km w/ hills	Rest	Cross-train	20km
June 10–16	Rest	8km	Cross-train	8km w/ hills	Rest	Cross-train	12km
June 17–23	Rest	5km	Rest	4km	Rest	Rest	<b>21.1km — Event Day!</b>

Cross-train with swimming, hiking, cycling, yoga, or strength training at least once a week on days you don't run. Make sure not to over do it on these days as they are part of your recovery process. Recovering properly is essential to help your body build muscle during your training, so actually rest on those Rest Days!