

The Lazy Girl's 10 Week Half Marathon Training Plan

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#	Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Miles	Notes
		CT	SPEED	REST	TEMPO	CT	REST	Long Run (EASY)		CT = 30 MIN OF EXERCISE (WALK, YOGA, SWIM, BIKE, STRENGTH TRAINING, ETC)
1		CT	2	REST	3	CT	REST	4	9.0	
2		CT	2.5	REST	3	CT	REST	5	10.5	
3		CT	3	REST	3	CT	REST	6	12.0	
4		CT	3	REST	4	CT	REST	7	14.0	
5		CT	3.5	REST	4	CT	REST	3.1	10.6	5K RACE - FALL BACK WEEK
6		CT	4	REST	4	CT	REST	8	16.0	
7		CT	4	REST	5	CT	REST	9	18.0	
8		CT	4	REST	5	CT	REST	10	19.0	
9		CT	3	REST	4	CT	REST	6	13.0	
10		CT	2	REST	3	CT	REST	REST	5.0	
11	RACE WEEK	13.1	REST	CT	REST	CT	REST	2	15.1	TAKE TIME TO RECOVER & FIND A NEW RACE!
									142.2	TOTAL PLAN MILES