## **½ marathon 8 week training plan**

Week 1

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| --- | --- |
| **Monday**  | **Rest** |
| **Tuesday**  | Walk 2 miles jog 1 mile ,run 2 miles  |
| **Wednesday** | Cross train |
| **Thursday**  | 1 ½ kilometre run |
| **Friday**  | **Rest** |
| **Saturday**  | Walk 3k ,jog 1k ,run2k |
| **Sunday**  | 2 mile run  |

Week 2

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| --- | --- |
| **Monday**  | **Rest** |
| **Tuesday**  | Walk 2 miles, jog 2 miles, run 2 miles |
| **Wednesday** | Cross train |
| **Thursday**  | 3 kilometre run |
| **Friday**  | **Rest** |
| **Saturday**  | Walk 2 miles , jog 2 miles , run 2 miles |
| **Sunday**  | 3.5 miles |

Week 3

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| --- | --- |
| **Monday**  | **Rest** |
| **Tuesday**  | Walk 2 miles ,jog 3 miles , run 2 miles |
| **Wednesday** | Cross train |
| **Thursday**  | 5 kilometre run |
| **Friday**  | **Rest** |
| **Saturday**  | Walk 2 miles ,jog 2 miles , run 2 miles |
| **Sunday**  | 5 mile run |

Week 4

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| --- | --- |
| **Monday**  | **Rest** |
| **Tuesday**  | Walk 1 miles , jog 4 miles, run 1 mile |
| **Wednesday** | Cross train |
| **Thursday**  | 6 ½ kilometre run |
| **Friday**  | **Rest** |
| **Saturday**  | Walk 1 miles , jog 3 miles, run 1mile |
| **Sunday**  | 6 ½ mile run |

Week 5

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| --- | --- |
| **Monday**  | **Rest** |
| **Tuesday**  | Walk 1 mile , jog 3 miles, run 1 mile |
| **Wednesday** | Cross train |
| **Thursday**  | 8 kilometre run |
| **Friday**  | **Rest** |
| **Saturday**  | Walk 1miles ,jog 3miles , run 1 miles |
| **Sunday**  | 8 mile run |

Week 6

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| --- | --- |
| **Monday**  | **Rest** |
| **Tuesday**  | Walk 2 miles ,jog 3 miles , run 2miles |
| **Wednesday** | Cross train |
| **Thursday**  | 6 ½ kilometre run |
| **Friday**  | **Rest** |
| **Saturday**  | Walk 2 miles ,jog 3 miles , run 2 miles |
| **Sunday**  | 9.5 mile run |

Week 7

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| --- | --- |
| **Monday**  | **Rest** |
| **Tuesday**  | Walk 2 miles ,jog 2 miles , run 2miles |
| **Wednesday** | Cross train |
| **Thursday**  | 5 kilometre run |
| **Friday**  | **Rest** |
| **Saturday**  | Walk 2 miles ,jog 2 miles , run 2miles |
| **Sunday**  | 11 mile run |

Week 8

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| --- | --- |
| **Monday**  | **Rest** |
| **Tuesday**  | Walk 1 miles ,jog 2 miles , run 1miles |
| **Wednesday** | Cross train |
| **Thursday**  | 5 kilometre run |
| **Friday**  | **Rest** |
| **Saturday**  | Walk 1 miles ,jog 1 miles , run 1miles |
| **Sunday**  | Half marathon race day |

Note:

* Important to stretch and cool down everyday
* Cross train is Cycling, Swimming, Yoga, Pilates etc…