32-Week Half Marathon Training Plan

Week 1 10/30 - 11/5

☐	**Mon.**	upper body and abdominal strength +	2 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	4 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	4 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 2 11/6 - 11/12

☐	**Mon.**	upper body and abdominal strength +	2 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	4 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	4 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 3 **11/13 - 11/19**

☐	**Mon.**	upper body and abdominal strength + 2 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	4 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	4 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 4 **11/20 - 11/26**

☐	**Mon.**	upper body and abdominal strength + 2 mile hilly short run
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling
☐	**Wed.**	4 mile tempo run
☐	**Thu.**	---------- REST DAY ----------
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber
☐	**Sat.**	**TURKEY TROT VIRTUAL 5K**
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)

Week 5 **11/27 - 12/3**

☐	**Mon.**	upper body and abdominal strength +	2 - 3 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	4 - 5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	5 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 6 **12/4 - 12/10**

☐	**Mon.**	upper body and abdominal strength +	2 - 3 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	4 - 5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	5 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 7 **12/11 - 12/17**

☐	**Mon.**	upper body and abdominal strength + 3 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	5 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 8 **12/18 - 12/24**

☐	**Mon.**	upper body and abdominal strength + 3 mile hilly short run
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling
☐	**Wed.**	5 mile tempo run
☐	**Thu.**	---------- REST DAY ----------
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber
☐	**Sat.**	6 mile long run
☐	**Sun.**	**REINDEER RUN VIRTUAL 5K**

Week 9 **12/25 - 12/31**

☐	**Mon.**	upper body and abdominal strength + 3 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	6 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 10 **1/1 - 1/7**

☐	**Mon.**	upper body and abdominal strength + 3 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	6 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 11 **1/8 - 1/14**

☐	**Mon.**	upper body and abdominal strength +	3 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	7 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 12 **1/15 - 1/21**

☐	**Mon.**	upper body and abdominal strength +	3 - 4 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	7 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 13 **1/22 - 1/28**

☐	**Mon.**	upper body and abdominal strength +	3 - 4 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	7 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 14 **1/29 - 2/4**

☐	**Mon.**	upper body and abdominal strength +	3 - 4 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	**WORST DAY OF THE YEAR 5K**	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 15 **2/5 - 2/11**

☐	**Mon.**	upper body and abdominal strength +	3 - 4 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	**CHOCOLATATHON 10K**	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 16 **2/12 - 2/18**

☐	**Mon.**	upper body and abdominal strength +	4 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	7 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 17 **2/19 - 2/25**

☐	**Mon.**	upper body and abdominal strength + 4 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	7.5 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 18 **2/26 - 3/4**

☐	**Mon.**	upper body and abdominal strength + 4 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	8 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 19 **3/5 - 3/11**

☐	**Mon.**	upper body and abdominal strength + 4 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	5 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	9 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 20 **3/12 - 3/18**

☐	**Mon.**	upper body and abdominal strength + 4 mile hilly short run
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling
☐	**Wed.**	5-6 mile tempo run
☐	**Thu.**	---------- REST DAY ----------
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber
☐	**Sat.**	---------- REST DAY ----------
☐	**Sun.**	**SHAMROCK RUN 15K**

Week 21 **3/19 - 3/25**

☐	**Mon.**	upper body and abdominal strength + 5 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	5-6 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	10 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 22 **3/26 - 4/1**

☐	**Mon.**	upper body and abdominal strength + 5 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	5 - 6 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	10 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 23 **4/2 - 4/8**

☐	**Mon.**	upper body and abdominal strength + 5 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	6 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	11 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 24 **4/9 - 4/15**

☐	**Mon.**	upper body and abdominal strength + 5 mile hilly short run
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling
☐	**Wed.**	6 mile tempo run
☐	**Thu.**	---------- REST DAY ----------
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber
☐	**Sat.**	11 mile long run
☐	**Sun.**	**BRIDGE TO BREWS 10K**

Week 25 **4/16 - 4/22**

☐	**Mon.**	upper body and abdominal strength + 5 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	6 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	12 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 26 **4/23 - 4/29**

☐	**Mon.**	upper body and abdominal strength + 6 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	6 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	12 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 27 **4/30 - 5/6**

☐	**Mon.**	upper body and abdominal strength +	6 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	6 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	12 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 28 **5/7 - 5/13**

☐	**Mon.**	upper body and abdominal strength +	6 mile hilly short run
☐	**Tue.**	lower body and obliques strength +	30 minutes cycling
☐	**Wed.**	6 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength +	30 minutes stair climber
☐	**Sat.**	13 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 29 **5/14 - 5/20**

☐	**Mon.**	upper body and abdominal strength + 6 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	6 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	10 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 30 **5/21 - 5/27**

☐	**Mon.**	upper body and abdominal strength + 6 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	6 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	10 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 31 **5/28 - 6/3**

☐	**Mon.**	upper body and abdominal strength + 6 mile hilly short run	
☐	**Tue.**	lower body and obliques strength + 30 minutes cycling	
☐	**Wed.**	6 mile tempo run	
☐	**Thu.**	---------- REST DAY ----------	
☐	**Fri.**	upper body and abdominal strength + 30 minutes stair climber	
☐	**Sat.**	9 mile long run	
☐	**Sun.**	FREE DAY (hike, bike, walk, swim, etc. -- anything but run)	

Week 32 **6/4 - 6/10**

☐	**Mon.**	5 mile tempo run
☐	**Tue.**	---------- REST DAY ----------
☐	**Wed.**	5 mile tempo run
☐	**Thu.**	---------- REST DAY ----------
☐	**Fri.**	**YELLOWSTONE 5K**
☐	**Sat.**	**YELLOWSTONE HALF MARATHON**
☐	**Sun.**	---------- REST DAY ----------