

## 12 Week Training Plans for Beginners

### 10K

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Walk + Stretch	Run 10-15 Minutes	Crosstrain + Walk	Run 20-25 Minutes	Crosstrain + Walk	Off	2 Miles
2	Walk + Stretch	Run 15-20 Minutes	Crosstrain + Walk	Run 20-25 Minutes	Crosstrain + Walk	Off	2 Miles
3	Walk + Stretch	Run 20-25 Minutes	Crosstrain + Walk	Run 25-30 Minutes	Crosstrain + Walk	Off	3 Miles
4	Walk + Stretch	Run 20-25 Minutes	Crosstrain + Walk	Run 30-35 Minutes	Crosstrain + Walk	Off	4 Miles
5	Walk + Stretch	Run 25-30 Minutes	Crosstrain + Walk	Run 30-35 Minutes	Crosstrain + Walk	Off	4 Miles
6	Walk + Stretch	Run 25-30 Minutes	Crosstrain + Walk	Run 30-45 Minutes	Crosstrain + Walk	Off	5 Miles
7	Walk + Stretch	Run 30-35 Minutes	Crosstrain + Walk	Run 30-45 Minutes	Crosstrain + Walk	Off	5 Miles
8	Walk + Stretch	Run 30-35 Minutes	Crosstrain + Walk	Run 30-45 Minutes	Crosstrain + Walk	Off	6 Miles
9	Walk + Stretch	Run 30-35 Minutes	Crosstrain + Walk	Run 30-45 Minutes	Crosstrain + Walk	Off	6 Miles
10	Walk + Stretch	Run 30-45 Minutes	Crosstrain + Walk	Run 30-45 Minutes	Crosstrain + Walk	Off	7 Miles
11	Walk + Stretch	Run 30-45 Minutes	Crosstrain + Walk	Run 30-45 Minutes	Crosstrain + Walk	Off	3.5 Miles
12	Walk + Stretch	Run 30-45 Minutes	Crosstrain + Walk	Run 30-45 Minutes	Crosstrain + Walk	Off	10K Race

### Half Marathon

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	1 Mile	2 Miles	Rest	2 Miles	Rest	3 Miles	2 Miles
2	Rest	2 Miles	Rest	3 miles	Cross Train 30 Minutes	4 Miles	2 miles
3	Rest	2.5 miles	2 miles	3 miles	Cross Train 30 Minutes	5 miles	2 miles
4	Rest	3 miles	Rest	4 miles	Cross Train 30 Minutes	6 miles	3 miles
5	Rest	3 miles	3 miles	3 miles	Cross Train 30 Minutes	7 miles	3 miles
6	Rest	4 miles	3 miles	4 miles	Cross Train 30 Minutes	8 miles	2 miles
7	Rest	4 miles	Rest	4 miles	Cross Train 30 Minutes	9 miles	3 miles
8	Rest	5 miles	3 miles	5 miles	Cross Train 30 Minutes	10 miles	2 Miles
9	Rest	5 miles	3 miles	4 miles	Cross Train 30 Minutes	11 miles	Rest
10	Rest	4 miles	rest	3 miles	Cross Train 30 Minutes	12 miles	2 miles
11	Rest	4 miles	rest	3 miles	Cross Train 30 Minutes	5 miles	2.5 miles
12	Rest	2 miles	20 minute Walk/run	rest	15 Minute Jog/walk	Race Day 13.1 miles	Walk 20 Minutes