

# 12 WEEK COUCH TO 1/2 MARATHON TRAINING PROGRAM



WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Rest	30 min easy	20min stroll	30 min easy	Rest	30 min stroll	3 easy miles
2	Rest	30 min easy	20min stroll	30 min easy	Rest	30 min stroll	3 easy miles
3	Rest	35 min easy	20min stroll	35 min easy	Rest	20 min stroll	2 brisk miles
4	Rest	35 min easy	25min stroll	35 min easy	Rest	40 min stroll	5 easy miles
5	Rest	35 min easy	25min stroll	35 min easy	Rest	20 min stroll	6 easy miles
6	Rest	40 min easy	25min stroll	40 min easy	Rest	50 min stroll	4 risk miles
7	Rest	40 min easy	25min stroll	40 min easy	Rest	50 min stroll	7 easy miles
8	Rest	40 min easy	25min stroll	40 min easy	Rest	50 min stroll	8 easy miles

