

# HALF MARATHON

## 12 WEEK RUNNING PROGRAM

LEVEL 1	<b>01</b> 15 Min Run	<b>02</b> Upper Body Workout	<b>03</b> 20 Min Run	<b>04</b> 20 Min Recovery Run	<b>05</b> Full Body Workout	<b>06</b> 20 Min Walk	<b>07</b> 25 Min Run
	<b>08</b> 25 Min Run	<b>09</b> Upper Body Workout	<b>10</b> 20 Min Run	<b>11</b> 25 Min Recovery Run	<b>12</b> Full Body Workout	<b>13</b> 20 Min Walk	<b>14</b> 35 Min Run
	<b>15</b> 30 Min Run	<b>16</b> Upper Body Workout	<b>17</b> 30 Min Run	<b>18</b> 30 Min Recovery Run	<b>19</b> Full Body Workout	<b>20</b> 20 Min Walk	<b>21</b> 40 Min Run
	<b>22</b> 30 Min Run	<b>23</b> Upper Body Workout	<b>24</b> 30 Min Run	<b>25</b> 30 Min Recovery Run	<b>26</b> Full Body Workout	<b>27</b> 20 Min Walk	<b>28</b> 45 Min Run
LEVEL 2	<b>29</b> 40 Min Run	<b>30</b> Upper Body Workout	<b>31</b> 35 Min Run	<b>32</b> 30 Min Recovery Run	<b>33</b> Full Body Workout	<b>34</b> 20 Min Walk	<b>35</b> 50 Min Run
	<b>36</b> 40 Min Run	<b>37</b> Upper Body Workout	<b>38</b> 35 Min Run	<b>39</b> 35 Min Recovery Run	<b>40</b> Full Body Workout	<b>41</b> 20 Min Walk	<b>42</b> 5K Race
	<b>43</b> 20 Min Run	<b>44</b> Upper Body Workout	<b>45</b> 40 Min Run	<b>46</b> 40 Min Recovery Run	<b>47</b> Full Body Workout	<b>48</b> 20 Min Walk	<b>49</b> 1 Hour 10 Min Run
	<b>50</b> 40 Min Run	<b>51</b> Upper Body Workout	<b>52</b> 40 Min Run	<b>53</b> 40 Min Recovery Run	<b>54</b> Full Body Workout	<b>55</b> 20 Min Walk	<b>56</b> 1 Hour 20 Min Run
LEVEL 3	<b>57</b> 30 Min Run	<b>58</b> Upper Body Workout	<b>59</b> 45 Min Run	<b>60</b> 40 Min Recovery Run	<b>61</b> Full Body Workout	<b>62</b> 20 Min Walk	<b>63</b> 10K Race
	<b>64</b> 20 Min Run	<b>65</b> Upper Body Workout	<b>66</b> 45 Min Run	<b>67</b> 45 Min Recovery Run	<b>68</b> Full Body Workout	<b>69</b> 20 Min Walk	<b>70</b> 1 Hour 30 Min Run
	<b>71</b> 40 Min Run	<b>72</b> Upper Body Workout	<b>73</b> 50 Min Run	<b>74</b> 40 Min Recovery Run	<b>75</b> Full Body Workout	<b>76</b> 20 Min Walk	<b>77</b> 1 Hour 45 Min Run
	<b>78</b> 30 Min Run	<b>79</b> Upper Body Workout	<b>80</b> 50 Min Run	<b>81</b> 45 Min Recovery Run	<b>82</b> 20 Min Walk	<b>83</b> 20 Min Walk	<b>84</b> Half Marathon