

HALF MARATHON

12 WEEK RUNNING PROGRAM

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