






































# 6-WEEK HALF MARATHON TRAINING PLAN

Visit [trailandkale.com/tips/6-week-half-marathon-training-plan/](http://trailandkale.com/tips/6-week-half-marathon-training-plan/) for your **companion guide** containing training advice & motivation to keep you on track for half marathon success.

Week ▼	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Distance ▼
<b>1</b>	 Rest / Stretch	<b>ZONE 2</b>  3 miles	<b>ZONE 4</b>  2 miles <b>Intervals</b>	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  3 miles tempo run	Rest	<b>ZONE 2</b>  7 miles	<b>15 miles</b>
<b>2</b>	 Rest / Stretch	<b>ZONE 2</b>  4 miles	<b>ZONE 4</b>  2.5 miles <b>Intervals</b>	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  3.5 miles tempo run	Rest	<b>ZONE 2</b>  8 miles	<b>18 miles</b>
<b>3</b>	 Rest / Stretch	<b>ZONE 2</b>  4 miles	<b>ZONE 4</b>  3 miles <b>Intervals</b>	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  4 miles tempo run	Rest	<b>ZONE 2</b>  10 miles	<b>21 miles</b>
<b>4</b>	 Rest / Stretch	<b>ZONE 2</b>  5 miles	<b>ZONE 4</b>  3 miles <b>Intervals</b>	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  5 miles tempo run	Rest	<b>ZONE 2</b>  11 miles	<b>24 miles</b>
<b>5</b>	 Rest / Stretch	<b>ZONE 2</b>  5 miles	<b>ZONE 4</b>  3 miles <b>Intervals</b>	<b>CORE</b>  30 mins cross train	<b>ZONE 3</b>  2 miles tempo run	Rest	<b>ZONE 2</b>  8 miles	<b>18 miles</b>
Race Week <b>6</b>	 Rest / Stretch	<b>ZONE 2</b>  3 miles	<b>ZONE 2</b>  2 miles	Rest / Stretch 	<b>ZONE 2</b>  2 miles	Rest	<b>HALF MARATHON</b>  <b>ZONE 3</b> 13.1 miles 	<b>20 miles</b>