Your 12 Week Training Guide for Half Marathon Run - by time

DAY	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
MON	DAY OFF											
TUE	30 E	35 E	40 E	45-60 E	45-60 E	45-60 E	45-60 R	45-60 R	45-60 R	45-60 R	60 E	45 R
WED	30 E	30 E	30-45 E	30-45 E	30-45 E	30-45 E	40-60 E	40-60 E	40-60 E	40-60 E	30 R	30-45 E
THURS	30 E	35 E	40 E	45-60 E	45-60 E	45-60 E	60-70 E	60-80 E	60-90 E	60-90 E	60 E	30 E
FRI	DAY OFF											
SAT	30 E	30 E	30-45 E	30-45 E	30-45 E	45-60 E	45-60 E	45-60 S	45 FR	60 FR	30 FR	10 E
SUN	30-60 E	40-60 E	50-60 E	60 E	70 E	80 E	90 E	105 E	120 E	120 E	60 E	**RACE**
												DAY