

18-Week Half Marathon Training Plan



About the Program

Designed for beginners and even experienced runners who wish to take extra time with their training, this 18-week training plan allows you to run four days per week and achieve your long run gains in a more gradual manner.

This plan is much like our 16-week training plan – in fact, it’s virtually the same plan, with two extra weeks added in, as well as some slight changes to the long runs. You’ll alternate between adding a mile each week to your long runs, and repeating it the next week.

For Beginning & Experienced Runners

Because this training plan spreads out the weekly and long runs over four months, it can be used by runners who are attempting their first half marathon as well as by someone who’s run several halves already and wants a structured approach to their training.

The plan is designed to gradually ease the runner into the process with light, easy runs in the opening weeks, followed by longer, more demanding runs in the middle and later weeks, to help build your fitness level.



Source: HalfMarathons.net

beachandbayhalf.com

Bear in mind that you can always run the miles below using a one-to-one run-walk pace (run for one minute, walk for one minute, etc.). Or you can use a method like Jeff Galloway's Run-Walk-Run, in which you run for three minutes, walk for one minute, and so on.

Use your shorter, mid-week runs for building up your speed and ability to run shorter distances in better times, while using your longer weekend runs to build up your endurance and ability to lengthen your miles more slowly.



Remember also to get plenty of rest on the days you don't run, or consider cross-training such as strength exercises, to give your legs ample time to rest and replenish, especially after your long runs.

Time Your Long Runs With Your Race

The schedule above places the weekly long run on Saturday, followed by a usually much shorter quick run (or walk) on Sunday. We've always found that it's best to do your long runs on the day you'll actually run your race, to allow your body to get used to the rhythm of the short run/long run each week.

Consult the Experts

Remember that there are a number of ways to structure a half marathon training plan. Running coaches Hal Higdon and Jeff Galloway, who is well-known for his Run-Walk-Run approach to training, offer a number of training plans on their own websites that are excellent guides to getting ready for any race.

Week	M	T	W	Th	F	S	S
1	off	3 miles	off	3 miles	off	3 miles	3 miles
2	off	3 miles	off	3 miles	off	4 miles	3 miles
3	off	4 miles	off	4 miles	off	5 miles	3 miles
4	off	4 miles	off	4 miles	off	5 miles	3 miles
5	off	5 miles	off	5 miles	off	6 miles	2-3 miles
6	off	5 miles	off	5 miles	off	6 miles	2-3 miles
7	off	6 miles	off	4 miles	off	7 miles	2-3 miles
8	off	6 miles	off	4 miles	off	7 miles	2-3 miles
9	off	5-6 miles	off	4-5 miles	off	8 miles	2-3 miles
10	off	5-6 miles	off	4-5 miles	off	8 miles	2-3 miles
11	off	6 miles	off	5 miles	off	9 miles	2 miles
12	off	6 miles	off	5 miles	off	9 miles	2 miles
13	off	5-6 miles	off	4-5 miles	off	10 miles	2 miles
14	off	5-6 miles	off	4-5 miles	off	10 miles	2 miles
15	off	5-6 miles	off	4-5 miles	off	11 miles	3 miles
16	off	5-6 miles	off	4-5 miles	off	12 miles	2 miles
17	off	5-6 miles	off	4-5 miles	off	6 miles	3 miles
18	off	4-5 miles	off	4-5 miles	off	13.1 miles	off