



TEAM CHALLENGE ALS TRAINING PLAN HALF MARATHON FOR BEGINNERS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	25min XT	2 miles EZ or R/W 1	25min XT	2 miles EZ or R/W 1	Rest Day	3 miles EZ or R/W 1
2	Rest Day	25min XT	2 miles EZ or R/W 1	25min XT	2 miles EZ or R/W 1	Rest Day	4 miles EZ or R/W 1
3	Rest Day	25min XT	2 miles EZ or R/W 1	25min XT	2 miles EZ or R/W 1	Rest Day	5 miles EZ or R/W 1
4	Rest Day	35min XT	2 miles EZ or R/W 2	35min XT	2 miles EZ or R/W 2	Rest Day	3 miles EZ or R/W 2
5	Rest Day	35min XT	2 miles EZ or R/W 2	35min XT	3 miles EZ or R/W 2	Rest Day	6 miles EZ or R/W 2
6	Rest Day	35min XT	2 miles EZ or R/W 2	35min XT	3 miles EZ or R/W 2	Rest Day	7 miles EZ or R/W 2
7	Rest Day	35min XT	3 miles EZ or R/W 3	35min XT	3 miles EZ or R/W 3	Rest Day	8 miles EZ or R/W 3
8	Rest Day	40min XT	3 miles EZ or R/W 3	40min XT	3 miles EZ or R/W 3	Rest Day	4 miles EZ or R/W 3
9	Rest Day	40min XT	3 miles EZ or R/W 3	40min XT	4 miles EZ or R/W 3	Rest Day	9 miles EZ or R/W 3
10	Rest Day	45min XT	3 miles EZ or R/W 3	45min XT	4 miles EZ or R/W 3	Rest Day	10 miles EZ or R/W 3
11	Rest Day	35min XT	3 miles EZ or R/W 3	35min XT	3 miles EZ or R/W 3	Rest Day	5 miles EZ or R/W 3
12	35min XT	3 miles EZ or R/W 3	25min XT	2 miles EZ or R/W 3	Rest Day	Rest Day	RACE DAY!

All runs should be attempted at an **easy pace (EZ), at a pace that allows you to hold conversation.

If you cannot run nonstop, you can alternate running and walking using the key below.

- **R/W 1** = Run for 3 minutes, walk for 1 minute
- **R/W 2** = Run for 5 minutes, walk for 1 minute
- **R/W 3** = Run for 7 minutes, walk for 1 minute
- **XT** = Cross-train. Cross-training is cardio-based exercise other than running or walking, i.e. cycling, elliptical training, spinning or swimming.