



TEAM CHALLENGE ALS TRAINING PLAN HALF MARATHON*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	3 Miles	3 Miles	3 Miles	Cross-Train	4 Miles	Cross-Train
2	Rest Day	3 Miles	4 Miles	4 Miles	Cross-Train	5 Miles	Cross-Train
3	Rest Day	3 Miles	5 Miles	3 Miles	Cross-Train	5 Miles	Cross-Train
4	Rest Day	3 Miles	4 Miles	3 Miles	Cross-Train	6 Miles	Cross-Train
5	Rest Day	3 Miles	4 Miles	3 Miles	Cross-Train	7 Miles	Cross-Train
6	Rest Day	3 Miles	4 Miles	3 Miles	Cross-Train	7 Miles	Cross-Train
7	Rest Day	3 Miles	5 Miles	3 Miles	Cross-Train	8 Miles	Cross-Train
8	Rest Day	3 Miles	5 Miles	3 Miles	Cross-Train	9 Miles	Cross-Train
9	Rest Day	3 Miles	5 Miles	3 Miles	Cross-Train	10 Miles	Cross-Train
10	Rest Day	3 Miles	5 Miles	3 Miles	Cross-Train	11 Miles	Cross-Train
11	Rest Day	3 Miles	5 Miles	3 Miles	Cross-Train	12 Miles	Cross-Train
12	Rest Day	3 Miles	2 Miles	3 Miles	Rest Day	Rest Day	RACE DAY!

*This plan is designed for runners capable of running 3 miles without walking to begin the training plan. If you cannot yet run 3 miles continuously, please see the **Half Marathon for Beginners Training Plan**.