OhioHealth Emerald City
Beginner **Half Marathon** Training Schedule

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	rest	2	rest	2.5	2.5	rest	2.5
WEEK 2	Active Recovery	3	rest	2.5	2.5	rest	3
WEEK 3	Active Recovery	3	rest	2.5	2.5	rest	4
WEEK 4	rest	3.5	rest	3	2.5	rest	5
WEEK 5	Active Recovery	3	rest	3	3	rest	4
WEEK 6	Active Recovery	3.5	rest	3.5	3	rest	5
WEEK 7	Active Recovery	4	rest	3.5	3	rest	6
WEEK 8	Active Recovery	4.5	rest	3.5	3	rest	7
WEEK 9	Active Recovery	4.5	rest	4	3	rest	8
WEEK 10	Active Recovery	3.5	rest	3.5	3	rest	6
WEEK 11	Active Recovery	5	rest	3.5	3	rest	9
WEEK 12	rest	5	rest	4.5	3.5	rest	6
WEEK 13	Active Recovery	5.5	rest	3	3.5	rest	10
WEEK 14	rest	5.5	rest	4.5	3.5	rest	6
WEEK 15	Active Recovery	6	rest	3	3.5	rest	11
WEEK 16	rest	5	rest	4.5	3.5	rest	6
WEEK 17	Active Recovery	rest	rest	4	rest	2 (Very easy pace)	13.1 (Race Day)

Legend

- ● **Day off/rest**
- ● **Active Recovery (20-30 minutes)** can be 20-30 minutes of anything aerobic (walking, swimming, cycling, elliptical, etc.). The active recovery workout should not add to your fatigue level. If it does, either slow down or take the day off.
- ● **Easy Pace (miles)** means you should be able to talk in short full sentences while running if not, slow down.
- ● **Very easy pace (miles)**
- ● **Race Day (miles)**

All workouts begin with a 5 min walk for warmup and end with a 5 min walk for cool down.

LEARN MORE

OhioHealth has a variety of resources to help you train for any race level. Visit OhioHealth.com/sportsmed-runners

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EMERALD CITY HALF & QUARTER MARATHON

*This schedule is for runners, walkers, and run/walkers who are currently running or walking 2 continuous miles 3x per week as of the start of week 1. Preferably athletes who have been training 6-12 months or more. Check with your physician before starting this or any training plan or exercise regimen.