



**DESERTSKY**  
adventures

## 12-Week Half Marathon Training Program

<b>Week of Sunday</b>	<b>Monday</b>	<b>Tuesday</b> Easy Pace	<b>Wednesday</b> Moderate Pace	<b>Thursday</b>	<b>Friday</b> Moderate Pace	<b>Saturday</b>	<b>Sunday</b>	<b>Total Miles</b>
1	Rest or Cross-Train	3 miles	3 miles	Cross-Train	3 miles	REST	4 miles	13 miles
2	Rest or Cross-Train	3 miles	4 miles	Cross-Train	3 miles	REST	5 miles	15 miles
3	Rest or Cross-Train	3 miles	4 miles	Cross-Train	3 miles	REST	6 miles	17 miles
4	Rest or Cross-Train	3 miles	5 miles	Cross-Train	4 miles	REST	7 miles	19 miles
5	Rest or Cross-Train	4 miles	5 miles	Cross-Train	4 miles	REST	8 miles	21 miles
6	Rest or Cross-Train	4 miles	6 miles	Cross-Train	5 miles	REST	9 miles	24 miles
7	Rest or Cross-Train	4 miles	6 miles	Cross-Train	5 miles	REST	10 miles	25 miles
8	Rest or Cross-Train	4 miles	6 miles	Cross-Train	5 miles	REST	11 miles	26 miles
9	Rest or Cross-Train	4 miles	6 miles	Cross-Train	5 miles	REST	12 miles	27 miles
10	Rest or Cross-Train	4 miles	5 miles	Cross-Train	4 miles	REST	6 miles	19 miles
11	Rest or Cross-Train	4 miles	5 miles	Cross-Train	3 miles	REST	13.1 miles	25.1 miles
12	Rest or Cross-Train	3 miles	4 miles	Cross-Train	4 miles	REST	6 miles	17 miles