



AIMing to Complete Your First Half Marathon—Beginner’s Schedule (2016)

Suggested training guide for first-time half-marathon runners. This training program is an 16-week half marathon-training schedule for runners who can run about 3 to 4 miles at the commencement of training.

Adapted from Hal Hidgon’s Half-Marathon Training Guide, <http://www.halhidgon.com/training/51130/Half-Marathon-Training-Guide>

Set July ‘16 goals & FOCUS to achieve them:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	11 Jul Rest	12 Jul 3 miles	13 Jul Rest	14 Jul 3 miles	15 Jul Rest	16 Jul 3 miles	17 Jul 4 miles
2	18 Jul Rest	19 Jul 3 miles	20 Jul Rest	21 Jul 3 miles	22 Jul Rest	23 Jul 3 miles	24 Jul 5 miles
3	25 Jul Rest	26 Jul 3 miles	27 Jul Rest	28 Jul 3 miles	29 Jul Rest	30 Jul 3 miles	31 Jul 6 miles

Self assessment-July ‘16 _____

Set August ‘16 goals & FOCUS to achieve them:

4	1 Aug Rest	2 Aug 3 miles	3 Aug Rest	4 Aug 3 miles	5 Aug Rest	6 Aug 4 miles	7 Aug 7 miles
5	8 Aug Rest	9 Aug 3 miles	10 Aug Rest	11 Aug 4 miles	12 Aug Rest	13 Aug 4 miles	14 Aug 7 miles
6	15 Aug Rest	16 Aug 4 miles	17 Aug Rest	18 Aug 4 miles	19 Aug Rest	20 Aug 4 miles	21 Aug 7 miles
7	22 Aug Rest	23 Aug 4 miles	24 Aug Rest	25 Aug 4 miles	26 Aug Rest	27 Aug 4 miles	28 Aug 8 miles

Self assessment-August ‘16 _____

Set September ‘16 goals & FOCUS to achieve them:

8	29 Aug Rest	30 Aug 3 miles	31 Aug Rest	1 Sep 4 miles	2 Sep Rest	3 Sep 4 miles	4 Sep 9 miles
9	5 Sep Rest	6 Sep 4 miles	7 Sep Rest	8 Sep 4 miles	9 Sep Rest	10 Sep 4 miles	11 Sep 10 miles
10	12 Sep Rest	13 Sep 4 miles	14 Sep Rest	15 Sep 4 miles	16 Sep Rest	17 Sep 4 miles	18 Sep 8 miles
11	19 Sep Rest	20 Sep 4 miles	21 Sep Rest	22 Sep 4 miles	23 Sep Rest	24 Sep 4 miles	25 Sep 12 miles
12	26 Sep Rest	27 Sep 4 miles	28 Sep Rest	29 Sep 4 miles	30 Sep Rest	1 Oct 4 miles	2 Oct 8 miles

Self assessment-September ‘16 _____

Set October ‘16 goals & FOCUS to achieve them:

13	3 Oct Rest	4 Oct 4 miles	5 Oct Rest	6 Oct 4 miles	7 Oct Rest	8 Oct 4 miles	9 Oct 14 miles
14	10 Oct Rest	11 Oct 4 miles	12 Oct Rest	13 Oct 4 miles	14 Oct Rest	15 Oct 4 miles	16 Oct 6 miles
15	17 Oct Rest	18 Oct 4 miles	19 Oct Rest	20 Oct 4 miles	21 Oct Rest	22 Oct 4 miles	23 Oct 6 miles
16	24 Oct Rest	25 Oct 5 miles	26 Oct Rest	27 Oct 4 miles	28 Oct Rest	29 Oct Rest	30 Oct AIM DAY Half Marathon!

Self assessment-October ‘16 _____