

6 Weeks to Running a Half Marathon

A Training Program for Long-Distance Runs

If you run regularly and feel ready to race longer distances than you have in the past, this schedule will help you prepare for a half-marathon in six weeks.

Week 1 (6 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup Track 200m easy 200m hard X12 Cooldown & Stretch	Strength training including core	Warmup 3-mile moderate run with some hills Cooldown & Stretch	Strength training including core	Warmup 2-mile tempo/ race pace run Cooldown & Stretch	Warmup Easy 4-5-mile Run Cooldown & Stretch	Active rest

Week 2 (5 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup track 800m easy 800m hard X3 Cooldown & Stretch	Strength training including core	Warmup 4-mile moderate run with some hills Cooldown & Stretch	Strength training including core	Warmup 25 min tempo/ race pace run Cooldown & Stretch	Warmup easy 7-mile run Cooldown & Stretch	Active rest

Week 3 (4 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup track 800m hard 400m easy X4 Cooldown & Stretch	Strength training including core	Warmup 4-mile moderate run with some hills Cooldown & Stretch	Strength training including core	Warmup 25 min tempo/ race pace run Cooldown & Stretch	Warmup easy 8 run Cooldown & Stretch	Active rest

Week 4 (3 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup track 800m hard 800m easy X4 finishing with 10x-100-meter strides Cooldown & Stretch	Strength training including core	Warmup 4-mile moderate run with some hills Cooldown & Stretch	Strength training including core	Warmup 25 min tempo/ race pace run finishing with 10x-100-meter strides Cooldown & Stretch	Warmup easy 9-mile Run Cooldown & Stretch	Active rest

Week 5 (2 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup track 1 mile hard 2 min easy X4 finishing with 10x-100-meter strides Cooldown & Stretch	Strength training including core	Warmup 4-mile moderate run with some hills Cooldown & Stretch	Strength training including core	Warmup 2 min hard 1 min easy x 10 finishing with 10x-100-meter strides Cooldown & Stretch	Warmup easy 11-mile run Cooldown & Stretch	Active rest

Week 6 (1 week from RACE DAY)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup 3-mile tempo run at race pace Cooldown & Stretch	Strength training including core	Warmup track 1 mile hard 2 min easy X2 finishing with 10x-100-meter strides Cooldown & Stretch	Active rest	Warmup 2-mile tempo run at race pace Cooldown & Stretch	RACE DAY Remember to warmup	