Kylie's 12-Week Half Marathon Training Program

Remember, that these are *suggestions* and everyone trains differently for each race, but this is what I know works for me! The most important thing is to listen to your body and not over do it. You will be sore, but you should not feel pain. Train smarter, not harder.

Major Pointers:
- This is definitely a "feel like" thing. The worst thing you can do is push yourself super hard to run an extra 2 miles one day and be injured if your body is hurting, listen to it and do cross training (ie swimming, boxing, something low impact on your knees)
- Don't run 13 miles a week before your race! The week before, take it easy and run 5 or 6 and rest the week before the race (trust your training and try not doing anything over 4 miles the week before)
- Try and run on the dirt to lessen the amount of impact
- Mix up your running courses / trails, try some routes that have hills in them

Do This:
- Stretch and Ice after long runs, make sure you eat potassium
- If you get leg cramps while running, carry tiny salt packets to eat (trust me this sounds weird but it stops the pain immediately)
- Drinks lots of water during the week and all the time! Aim for 12 cups a day
- Up until the schedule starts (so if you half is in 6 months and you're starting this schedule in 3 months) use the first three months to get used to running (maybe start off at 1-2 miles a day, 4-5 times a week and work your way up to 4-5 miles, 4-5 times a weeks

"Off Days":
2/3/4 mile runs can be a rest day or cross training (swimming, boxing, biking, etc) if needed. If you're feeling great on these days, add pushups & core exercises (I usually do 3 sets of 16 pushups and 4 sets of 30 crunches and 3 sets of 20 squats). ***If you can't do it all, no worries.*** You work your way up eventually! :)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	2	3	2	2	4
2	3	2 or 3	2 mile warmup, 2 X 4 min sprint, 2 mile cooldown	2 or 3	2	5
2	3	3	2 mile warmup, 2 X 5 min sprint, 2 mile cooldown	3	2 or 3	6
2	3	3	2 mile warmup, 2X2 min sprint, 2X4 min sprint, 2 mile cooldown	3	2 or 3	7
2	3	3.5	2 mile warmup, 2X2 min sprint, 2X4 min sprint, 2 mile cooldown	3.5	2 or 3	8
2	3	4	2 mile warmup, 3X2 min sprint, 2X4 min sprint, 2 mile cooldown	4	3	9
2	3	4	2 mile warmup, 3X2 min sprint, 2X4 min sprint, 2 mile cooldown	4	3	9.5
2	3	4.5	2 mile warmup, 4X2 min sprint, 2X4 min sprint, 2	4.5	3	10.5

			mile cooldown			
2	3	5	2 mile warmup, 4X2 min sprint, 2X4 min sprint, 2 mile cooldown	5	3	12
2	3	5	2 mile warmup, 4X2 min sprint, 3X4 min sprint, 2 mile cooldown	5	3	13
2	3	6	2 mile warmup, 4X2 min sprint, 3X4 min sprint, 2 mile cooldown	6	3	5 or 6
2	3	2	2	2	2	RaceDay!