

## COUCH TO HALF MARATHON TRAINING PLAN (CONTINUED)

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>8</b>	30 min 5 x (Run 4 min + Walk 2 min)	XT 30 min	30 min 5 x (Run 4 min + Walk 2 min)	Rest	XT 30 min	6 miles (Run 4 min + Walk 2 min)	Rest
<b>9</b>	30 min 6 x (Run 5 min + Walk 1 min)	XT 30 min	30 min 5 x (Run 4 min + Walk 2 min)	Rest	XT 30 min	6 miles (Run 4 min + Walk 2 min)	Rest
<b>10</b>	30 min 6 x (Run 5 min + Walk 1 min)	XT 30 min	36 min 6 x (Run 5 min + Walk 1 min)	Rest	XT 30 min	4 miles (Run 4 min + Walk 1 min)	Rest
<b>11</b>	36 min 6 x (Run 5 min + Walk 1 min)	XT 30 min	36 min 6 x (Run 5 min + Walk 1 min)	Rest	XT 30 min	7 miles (Run 4 min + Walk 1 min)	Rest
<b>12</b>	30 min 6 x (Run 5 min + Walk 1 min)	XT 30 min	35 min 5 x (Run 6 min + Walk 1 min)	Rest	XT 30 min	8 miles (Run 4 min + Walk 1 min)	Rest
<b>13</b>	35 min 5 x (Run 6 min + Walk 1 min)	XT 30 min	35 min 5 x (Run 6 min + Walk 1 min)	Rest	XT 30 min	5 miles (Run 5 min + Walk 1 min)	Rest
<b>14</b>	35 min 5 x (Run 6 min + Walk 1 min)	XT 30 min	40 min 5 x (Run 7 min + Walk 1 min)	Rest	XT 30 min	9 miles (Run 5 min + Walk 1 min)	Rest