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Beginner Plan

If you can run at least two miles without stopping, even at a slow pace, try this easy-does-it program. It tacks on miles gradually to get you from start to end feeling strong.

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
WK 1	REST	 2 miles, 1 mile, 2 miles		 1 mile	REST	 2 miles, 1 mile, 2 miles	 2 miles
WK 2	REST	 2 miles, 2 miles, 2 miles		 2 miles	REST	 2 miles, 2 miles, 2 miles	 3.5 miles
WK 3	REST	 2 miles, 3 miles, 2 miles		 3 miles	REST	 2 miles, 2 miles, 2 miles	 5 miles
WK 4	REST	 1 mile, 4 miles, 1 mile		 4 miles	REST	 1 mile, 3 miles, 1 mile	 6.5 miles
WK 5	REST	 1 mile, 3 miles, 1 mile		 5 miles	REST	 1 mile, 3 miles, 1 mile	 8 miles
WK 6	REST	 2 miles, 3 miles, 2 miles		 4 miles	REST	 2 miles, 3 miles, 2 miles	 9.5 miles
WK 7	REST	 2 miles, 2 miles, 2 miles		 3 miles	REST	 2 miles, 2 miles, 2 miles	 11 miles
WK 8	REST	 1 mile, 2 miles, 1 mile		 3 miles	REST	 1 mile, 1 mile, 1 mile	Half-marathon race day! 13.1 miles

KEY

-  **Walk, run, walk** Walk the first segment; then run at an easy, conversational pace for the next; and speed walk the last leg.
-  **Cross-train** Do any form of low-impact aerobic activity (biking, elliptical, swimming, rowing) for 30 to 60 minutes. Plus, do the strength-training moves below.
-  **Easy run** Run the number of miles listed on the chart at a comfortable, conversational pace.
-  **Long run** Warm up for 5 to 10 minutes and then run the number of miles listed at a slow, steady pace you can maintain over that distance. This is good practice for your race.

For cross-training moves, nutrition tips, gear picks and playlists, go to www.fitnessmagazine.com/halfmarathon