

Consider Yourself a Newbie Racer?

If you currently run fewer than 15 miles per week (or not at all), **START HERE.**

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
		★ WEEK 1 ★				
Rest	Walk/run 2 miles	X-train ¹	Walk/run 2 miles	X-train	Walk/run 2 miles	Walk/run 2 miles
		★ WEEK 2 ★				
Rest	Walk/run 3 miles	X-train	Run 2 miles	X-train	Walk/run 2 miles	Run 3 miles
		★ WEEK 3 ★				
Rest	Walk/run 3.5 miles	X-train	Run 2 miles	X-train	Walk/run 2 miles	Run 4 miles
		★ WEEK 4 ★				
Rest	Run 3 miles	X-train	Walk/run 3 miles	X-train	Run 2.5 miles	Run 5 miles
		★ WEEK 5 ★				
Rest	Run 4 miles	X-train	Run 4 miles	X-train	Run 3 miles	Run 6.5 miles
		★ WEEK 6 ★				
Rest	Run 5 miles	X-train	Run 4 miles	X-train	Run 3 miles	Run 8 miles
		★ WEEK 7 ★				
Rest	Run 5 miles	X-train	Run 5 miles	X-train	Run 3 miles	Run 10 miles
		★ WEEK 8 ★				
Rest	Run 5 miles	X-train	Run 5 miles	X-train or run 3 miles	Rest	Half-marathon!

1. Optional cross-training: Do 20 to 30 minutes of nonimpact cardio (such as cycling, swimming or using the elliptical) at moderate intensity, or strength-train, focusing on your core and lower body (try push-ups, lunges and squats, or find dozens more ideas at fitnessmagazine.com).