

DIVAS[®] HALF MARATHON TRAINING PLAN

Train like a DIVA for your next Half Marathon with our flexible 14 week program!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	30 Minute Walk/ Jog	Jog 2 Minutes/ Walk 1 Minute Repeat 7 times	Rest	30 Minute Walk/ Jog	Jog 1 Minute/ Walk 2 Minutes Repeat 7 times	2 Miles
2	Rest	30 Minute Walk/ Jog	Jog 2 Minutes/ Walk 1 Minute Repeat 8 times	Rest	30 Minute Walk/ Jog	Jog 1 Minute/ Walk 2 Minutes Repeat 8 times	2.5 Miles
3	Rest	30 Minute Walk/ Jog	Jog 3 Minutes/ Walk 1 Minute Repeat 7 times	Rest	30 Minute Walk/ Jog	Jog 2 Minutes/ Walk 3 Minutes Repeat 7 times	3 Miles
4	Rest	30 Minute Walk/ Jog	Jog 3 Minutes/ Walk 1 Minute Repeat 7 times	Rest	30 Minute Walk/ Jog	Jog 2 Minutes/ Walk 3 Minutes Repeat 8 times	3.5 Miles
5	Rest	30 Minute Walk/ Jog	Jog 2 Minutes/ Walk 1 Minute Repeat 8 times	Rest	30 Minute Walk/ Jog	Jog 2 Minutes/ Walk 3 Minutes Repeat 8 times	4 Miles
6	Rest	35 Minute Walk/ Jog	Jog 3 Minutes/ Walk 1 Minute Repeat 1 times	Rest	35 Minute Walk/ Jog	Jog 2 Minutes/ Walk 3 Minutes Repeat 8 times	5 Miles
7	Rest	35 Minute Walk/ Jog	Jog 3 Minutes/ Walk 2 Minutes Repeat 8 times	Rest	35 Minute Walk/ Jog	Jog 3 Minutes/ Walk 2 Minutes Repeat 8 times	6 Miles
8	Rest	35 Minute Walk/ Jog	Jog 3 Minutes/ Walk 2 Minutes Repeat 8 times	Rest	35 Minute Walk/ Jog	Jog 3 Minutes/ Walk 2 Minutes Repeat 9 times	7 Miles
9	Rest	35 Minute Walk/ Jog	Jog 3 Minutes/ Walk 2 Minutes Repeat 8 times	Rest	35 Minute Walk/ Jog	Jog 3 Minutes/ Walk 2 Minutes Repeat 10 times	8 Miles
10	Rest	40 Minute Walk/ Jog	Jog 3 Minutes/ Walk 2 Minutes Repeat 9 times	Rest	40 Minute Walk/ Jog	Jog 3 Minutes/ Walk 3 Minutes Repeat 10 times	9 Miles
11	Rest	40 Minute Walk/ Jog	Jog 3 Minutes/ Walk 2 Minutes Repeat 9 times	Rest	40 Minute Walk/ Jog	Jog 4 Minutes/ Walk 3 Minutes Repeat 8 times	8 Miles
12	Rest	40 Minute Walk/ Jog	Jog 4 Minutes/ Walk 2 Minutes Repeat 8 times	Rest	40 Minute Walk/ Jog	Jog 3 Minutes/ Walk 3 Minutes Repeat 9 times	11 Miles
13	Rest	40 Minute Walk/ Jog	Jog 4 Minutes/ Walk 2 Minutes Repeat 8 times	Rest	40 Minute Walk/ Jog	Jog 4 Minutes/ Walk 3 Minutes Repeat 8 times	7 Miles
14	Rest	40 Minute Walk/ Jog	Jog 3 Minutes/ Walk 3 Minutes Repeat 8 times	Rest	40 Minute Walk/ Jog	2 miles light and stretch	RUN LIKE A DIVA!