

2012 NTNM Adapted from Jeff Galloway Novice Half Marathon Training

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	5-Mar	off	30min run	off	25min run	easy walk	off	3miles
2	12-Mar	off	30min run	off	30min run	easy walk	off	4miles
3	19-Mar	off	30min run	off	30min run	easy walk	off	5miles
4	26-Mar	off	30min run	off	30min run	easy walk	off	2.5miles
5	2-Apr	off	30min run	off	30min run	easy walk	off	6.5miles
6	9-Apr	off	30min run	off	30min run	easy walk	off	3miles w/MM
7	16-Apr	off	30min run	off	30min run	easy walk	off	8miles
8	23-Apr	off	30min run	off	30min run	easy walk	off	3miles w/MM
9	30-Apr	off	30min run	off	30min run	easy walk	off	9.5miles
10	7-May	off	30min run	off	30min run	easy walk	off	4miles
11	14-May	off	30min run	off	30min run	easy walk	off	11miles
12	21-May	off	30min run	off	30min run	easy walk	off	4miles w/MM
13	28-May	off	30min run	off	30min run	easy walk	off	Navy Ten Nautical Miler

Adapted from http://www.jeffgalloway.com/training/half_marathon.html (schedule for runners and walkers)

See website for more details on MM=magic miles

It is wise to consult your doctor before starting a new exercise program.

