

12-Week Half Marathon Training Plans

Training philosophy:

Trails > pace. Time on feet > speed. Consistency > perfection.

Power hiking hills is smart and encouraged.

● **PLAN A — FINISH STRONG**

3 runs/week | Beginner / First-time / Returners

Week 1

- Easy Run: 3 mi
- Steady Run: 3 mi (gentle hills)
- Long Run: 5 mi

Week 2

- Easy: 3 mi
- Steady: 4 mi
- Long: 6 mi

Week 3

- Easy: 3–4 mi
- Hills: 4 mi
- Long: 6–7 mi

Week 4

- Easy: 4 mi
- Steady: 4 mi
- Long: 7 mi

Week 5

- Easy: 4 mi
- Hills: 4–5 mi
- Long: 8 mi

Week 6

- Easy: 4 mi
- Steady: 5 mi
- Long: 8–9 mi

Week 7

- Easy: 4–5 mi
- Hills: 5 mi
- Long: 9 mi

Week 8

- Easy: 4 mi
- Steady: 5 mi
- Long: 9–10 mi

Week 9

- Easy: 4 mi
- Hills: 5 mi
- Long: 10 mi

Week 10 (Begin taper)

- Easy: 4 mi
- Steady: 4 mi

- Long: 8 mi

Week 11

- Easy: 3–4 mi
- Steady: 4 mi
- Long: 6 mi

Week 12 (Race Week)

- 2 short easy runs (3 mi max)
- **Race Day: 13.1 miles** 🏃

✓ *If you complete a 9–10 mile long run comfortably, you're ready.*

● PLAN B — RUN STRONG

4 runs/week | Intermediate

Weekly Structure

- Easy Run
- Hill Run
- Steady/Tempo Run
- Long Run

Long Run Progression

Week Long Run

1 6 mi

2 7 mi

Week Long Run

- 3 8 mi
- 4 9 mi
- 5 10 mi
- 6 10–11 mi
- 7 11 mi
- 8 12 mi
- 9 12 mi
- 10 10 mi
- 11 8 mi
- 12 Race

Midweek Runs

- Easy: 3–4 mi
- Hills: 4–6 mi
- Steady: 4–6 mi

✓ *If 11–12 miles on rolling terrain feels controlled, you're race-ready.*

● PLAN C — RACE READY

4–5 runs/week | Experienced / Trail-focused

Long Run Progression

Week Long Run

- 1 7 mi
- 2 8 mi
- 3 9 mi
- 4 10 mi
- 5 11 mi
- 6 12 mi
- 7 13 mi
- 8 14 mi (trail preferred)
- 9 12 mi
- 10 10 mi
- 11 8 mi
- 12 Race

Weekly Extras

- Hills or strength run once/week
- Tempo or progression run once/week
- Optional easy trail miles for durability

✓ *Race day should feel like execution, not survival.*

Trail-Specific Guidance (All Plans)

- Walk hills early, run late
- Train fueling on long runs
- Trails beat pace every time
- Weather and terrain variability are part of the challenge

Final Word

This race rewards **patience, grit, and steady effort.**

Train smart. Show up prepared. **Earn the buckle/medal.**