

**Belleville Running Club**  
**12 Week Half Marathon Training Schedule (Beginner Level)**

Week	Mon Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Sun Date
1	8-Jul	rest	2 mi	rest	2 mi	rest 0	4 mi	rest / x-train	14-Jul
2	15-Jul	rest	3 mi	rest	3 mi	easy 3	5 mi	rest / x-train	21-Jul
3	22-Jul	rest	3 mi	x-train	3 mi	rest 0	4 mi	rest / x-train	28-Jul
4	29-Jul	rest	3 mi	x-train	3 mi	rest 0	6 mi	rest / x-train	4-Aug
5	5-Aug	rest	4 mi	x-train	4 mi	rest 0	7 mi	rest / x-train	11-Aug
6	12-Aug	rest	3 mi	x-train	5 mi	easy 5	5 mi	rest / x-train	18-Aug
7	19-Aug	rest	4 mi	x-train	4 mi	rest 0	8 mi	rest / x-train	25-Aug
8	26-Aug	rest	4 mi	x-train	5 mi	easy 5	8 mi	rest / x-train	1-Sep
9	2-Sep	rest	3 mi	x-train	5 mi	rest 0	10 mi	rest / x-train	8-Sep
10	9-Sep	rest	3 mi	x-train	5 mi	rest 0	10mi	rest / x-train	15-Sep
11	16-Sep	rest	3 mi	rest / x-train	3 mi	easy 3	5 mi	rest / x-train	22-Sep
12	23-Sep	rest	2 mi	rest	3 mi	rest 1 - 3	<b>Race</b>	Celebrate!	29-Sep