

9-Week Half Marathon Training Schedule

This plan is based on the same schedule and expectations as our eight-week training plan – you’re already an experienced runner and maybe even have a few races under your belt, and you’re looking to ramp up your training quickly in the next couple of months.

As with our [two-month training schedule](#), bear in mind that you can always run the miles below using a one-to-one run-walk pace (run for one minute, walk for one minute, etc.). Or you can use a method like Jeff Galloway’s Run-Walk-Run, in which you run for three minutes, walk for one minute, and so on.

It’s a good idea to use your shorter, mid-week runs for building up your speed and ability to run shorter distances in better times, while using your longer weekend runs to build up your endurance and ability to lengthen your miles more slowly.

9-Week Training Plan							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	off	3 miles	4 miles	3 miles	off	5 miles	2-3 miles
2	off	3 miles	4 miles	3 miles	off	6 miles	2-3 miles
3	off	4 miles	5 miles	4 miles	off	7 miles	2-3 miles
4	off	4 miles	5 miles	4 miles	off	8 miles	3 miles
5	off	5 miles	6 miles	5 miles	off	9 miles	3 miles
6	off	5 miles	6 miles	5 miles	off	10 miles	3 miles
7	off	4 miles	5 miles	4 miles	off	11 miles	3 miles
8	off	4 miles	4 miles	4 miles	off	12 miles	2 miles
9	off	3-4 miles	4 miles	3-4 miles	off	13.1 miles!	off

Note that this plan is designed for runners who’ve already run a half marathon or several in the past, and who are already running consistently each week so they’ve built up their leg, lower body and cardiovascular strength to handle the number of miles they’ll be running throughout the training.

Consider cross-training on the days you don’t run – anything from strength training to walking a few miles, which will provide the cardiovascular benefits without the pounding impact that running can cause.

Like our [8-week program](#), this training plan is designed to help you increase your mileage safely. Still, [overuse injuries](#) are common for runners training for half marathons.

Overuse injuries like [shin splints](#) and [plantar fasciitis occur](#) when training load overwhelms the tendons and ligaments they’re prepared to endure. Prevention is as easy as [incorporating at-home workouts](#) into your training plan and incorporating [prevention workouts](#) at the start of your training.