

### 8 Week Half Marathon "Cram" Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Rest Day	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Rest Day	Long Easy Run: 6 Miles or 1.5 hours
<b>Week 2</b>	Rest Day	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Rest Day	Long Easy Run: 8 Miles or 2 hours
<b>Week 3</b>	Rest Day	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Rest Day	Long Easy Run: 10 Miles or 2.5 hours
<b>Week 4</b>	Rest Day	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Rest Day	Long Easy Run: 6 Miles or 1.5 hours
<b>Week 5</b>	Rest Day	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Rest Day	Long Easy Run: 10 Miles or 2.5 hours
<b>Week 6</b>	Rest Day	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Rest Day	Long Easy Run: 12 Miles or 3 hours
<b>Week 7</b>	Rest Day	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Rest Day	Long Easy Run: 6 Miles 1.5 hours
<b>Week 8</b>	Rest Day	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Easy Run: 30 minutes	Optional 30 minute walk or crosstraining	Rest Day	Half Marathon

We believe in you! You can make it to the finish line, loving life and proud of yourself with this plan!

There's no such thing as too easy or too slow, especially when you are starting out!

-Liz and Naomi, The Run Galloway Girls



Listen to episode 2 for more details!