

NYA Half Marathon Training Plan: 5 Miles to Half

| Week | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|------|-----------------------------------|---------|-------------------|---------|---------------------------------|-------|-----------|
| 1 | Walk 30-45 minutes | 3 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 5 miles |
| 2 | Walk 30-45 minutes | 3 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 6.5 miles |
| 3 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 8 miles |
| 4 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 5 miles |
| 5 | Walk or easy run 30-45 minutes | 4 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 9 miles |
| 6 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 5 miles |
| 7 | Walk or easy run 30-45 minutes | 4 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 10 miles |
| 8 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 6 miles |
| 9 | Walk or easy run 30-45 minutes | 4 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 11 miles |
| 10 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 6 miles |
| 11 | Walk or easy run 30-45 minutes | 4 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 12 miles |
| 12 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 5 miles |
| 13 | Walk 30-45 minutes | 4 miles | Rest | 2 miles | 20 minutes Cross training | Rest | RACE DAY |

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| 1 | Walk 30-45 minutes | 3 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 3 miles |
| 2 | Walk 30-45 minutes | 3 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 4 miles |
| 3 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 5 miles |
| 4 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 6 miles |
| 5 | Walk 30-45 minutes | 3 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 3 miles |
| 6 | Walk 30-45 minutes | 3 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 7 miles |
| 7 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 4 miles |
| 8 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 8 miles |
| 9 | Walk or easy run 30-45 minutes | 4 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 4 miles |
| 10 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 9 miles |
| 11 | Walk or easy run 30-45 minutes | 4 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 5 miles |
| 12 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 10 miles |
| 13 | Walk or easy run 30-45 minutes | 4 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 5 miles |
| 14 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 11 miles |
| 15 | Walk or easy run 30-45 minutes | 4 miles | Strength training | 3 miles | 30-45 minutes Cross training | Rest | 6 miles |
| 16 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 12 miles |
| 17 | Walk or easy run 30-45 minutes | 3 miles | Strength training | 4 miles | 30-45 minutes Cross training | Rest | 6 miles |
| 18 | Walk 30-45 minutes | 4 miles | Rest | 2 miles | 20 minutes Cross training | Rest | RACE DAY |