

# Bumble and Bustle's Half Marathon Training Plan

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Week 1</i>	30-MIN RUN (INTERVALS)	CROSS TRAIN	30-MIN RUN (INTERVALS)	CROSS TRAIN	REST	4-MILE RUN	REST
<i>Week 2</i>	30-MIN RUN (INTERVALS)	CROSS TRAIN	30-MIN RUN (INTERVALS)	CROSS TRAIN	REST	4-MILE RUN	REST
<i>Week 3</i>	30-MIN RUN (INTERVALS)	CROSS TRAIN	30-MIN RUN (INTERVALS)	CROSS TRAIN	REST	5-MILE RUN	REST
<i>Week 4</i>	30-MIN RUN (INTERVALS)	CROSS TRAIN	30-MIN RUN (INTERVALS)	CROSS TRAIN	REST	5-MILE RUN	REST
<i>Week 5</i>	30-MIN RUN (INTERVALS)	CROSS TRAIN	30-MIN RUN (INTERVALS)	CROSS TRAIN	REST	6-MILE RUN	REST
<i>Week 6</i>	35-MIN RUN (INTERVALS)	CROSS TRAIN	35-MIN RUN (INTERVALS)	CROSS TRAIN	REST	7-MILE RUN	REST
<i>Week 7</i>	35-MIN RUN (INTERVALS)	CROSS TRAIN	35-MIN RUN (INTERVALS)	CROSS TRAIN	REST	7-MILE RUN	REST
<i>Week 8</i>	40-MIN RUN (INTERVALS)	CROSS TRAIN	40-MIN RUN (INTERVALS)	CROSS TRAIN	REST	8-MILE RUN	REST
<i>Week 9</i>	40-MIN RUN (INTERVALS)	CROSS TRAIN	40-MIN RUN (INTERVALS)	CROSS TRAIN	REST	8-MILE RUN	REST
<i>Week 10</i>	45-MIN RUN (INTERVALS)	CROSS TRAIN	45-MIN RUN (INTERVALS)	CROSS TRAIN	REST	9-MILE RUN	REST
<i>Week 11</i>	45-MIN RUN (INTERVALS)	CROSS TRAIN	45-MIN RUN (INTERVALS)	CROSS TRAIN	REST	9-MILE RUN	REST
<i>Week 12</i>	45-MIN RUN (INTERVALS)	CROSS TRAIN	45-MIN RUN (INTERVALS)	CROSS TRAIN	REST	10-MILE RUN	REST
<i>Week 13</i>	45-MIN RUN (INTERVALS)	CROSS TRAIN	45-MIN RUN (INTERVALS)	CROSS TRAIN	REST	10-MILE RUN	REST
<i>Week 14</i>	60-MIN RUN (INTERVALS)	CROSS TRAIN	60-MIN RUN (INTERVALS)	CROSS TRAIN	REST	11-MILE RUN	REST
<i>Week 15</i>	60-MIN RUN	CROSS TRAIN	60-MIN RUN	CROSS TRAIN	REST	12-MILE RUN	REST
<i>Week 16</i>	45-MIN RUN (INTERVALS)	CROSS TRAIN	45-MIN RUN (INTERVALS)	REST	REST	REST	RACE!!