



The Half Marathoner 12-week training plan
for the 10-mile distance

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1		3 mi		3 mi		3 mi	2-3 mi
2		3 mi		3 mi		3 mi	2-3 mi
3		3 mi		3 mi		4 mi	3 mi
4		4 mi		3 mi		5 mi	3 mi
5		4 mi		4 mi		6 mi	2 mi
6		4 mi		4 mi		6 mi	3 mi
7		5 mi		4 mi		7 mi	4 mi
8		4-5 mi		4 mi		7-8 mi	4 mi
9		4-5 mi		4-5 mi		8 mi	4 mi
10		5 mi		4-5 mi		9 mi	4 mi
11		6 mi		4-5 mi		9 mi	4 mi
12		6 mi		4-5 mi		10 mi!	

If you like, feel free to extend the plan by a week or two, especially if you'd like to add a taper week between the last 9-mile run and your 10-miler.