

Beginner Plan: If you have some running experience, but have never completed a half marathon, this plan is for you! We have several group runs at the Running Company (31 South St. Morristown) that fit in with this plan. Feel free to join us anytime! Training is much easier with friends! The Tuesday "pick ups" should be done at a slightly faster pace than your estimated half marathon pace. Not a sprint, but noticeably faster than your easy run pace. In between the pickups do a 1 minute jog. Looking for private coaching? Contact us at superherohalf@gmail.com

If you would like personal coaching call Heather at 973 401-1300 or email superherohalf@gmail.com	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 mile easy run	3 mile easy run	Off or cross-train	3 mile group run at the Morristown Running Co.	Off	5 mile group run at the Morristown Running Co.	Off
2	3 mile easy run	4 mile run with 3x 1 minute pick-ups in the middle	Off or cross-train	4 mile group run at the Morristown Running Co.	Off	5 mile group run at the Morristown Running Co.	Off
3	3 mile easy run	4 mile run with 3x 2 minute pick-ups in the middle	Off or cross-train	Off	2 mile easy jog	St Patty's Day 5k	Off
4	3 mile easy run	4 mile run with 4x 2 minute pick-ups in the middle	Off or cross-train	5 mile group run at the Morristown Running Co.	Off	6-7 mile easy run	Off
5	3 mile easy run	4 mile run with 4x 3 minute pick-ups in the middle	Off or cross-train	4 mile group run at the Morristown Running Co.	Off	6 mile easy run	Off
6	3 mile easy run	5 mile run with 3x4 minute pick-ups in the middle	Off or cross-train	4 mile group run at the Morristown Running Co.	Off	8 mile easy run	Off

7	4 mile easy run	5 mile run with 4x4 minute pick-ups in the middle	Off or cross-train	5 mile group run at the Morristown Running Co.	Off	5 mile group run at the Morristown Running Co.	Off
8	4 mile easy run	5 mile run with 4x5 minute pick-ups in the middle	Off or cross-train	4 mile group run at the Morristown Running Co.	3 mile easy run	10 mile easy run	Off
9	4 mile easy run	4 mile run with 4x 3 minute pick-ups in the middle	Off or cross-train	4 mile group run at the Morristown Running Co.	3 mile easy run	Off	7 mile course preview run
10	4 mile easy run	4 mile run with 4x 4 minute pick-ups in the middle	Off or cross-train	4 mile group run at the Morristown Running Co.	3 mile easy run	Off	11 mile easy run
11	3 mile easy run	4 mile run with 5x 2 minute pick-ups in the middle	Off or cross-train	4 mile group run at the Morristown Running Co.	3 mile easy run	Off	7 mile easy run
12	3 mile easy run	3 mile run with 4x 1 minute pick-ups in the middle	Off	4 mile group run at the Morristown Running Co.	Off	2 mile easy jog	Superhero Half Marathon!