

# DEAN KARNAZES' HALF-MARATHON TRAINING PLAN

Hit the ground running with this 13-week plan from Fitbit Ambassador and ultramarathoner Dean Karnazes. *This plan is designed for beginner and intermediate runners who can comfortably run a 10K.*

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>1</b>	5 miles easy	30 minutes cross-training	3 miles easy	4 miles	20 minutes cross-training	7 miles moderate	3 miles easy
<b>2</b>	6 miles moderate	30 minutes cross-training	3 miles easy	4 miles	20 minutes cross-training	7 miles moderate	3 miles easy
<b>3</b>	6 miles moderate	30 minutes cross-training	3 miles easy	4 miles	20 minutes cross-training	7 miles moderate	3 miles easy
<b>4</b>	6 miles moderate	30 minutes cross-training	3 miles hard	4 miles	20 minutes cross-training	8 miles hard	3 miles easy
<b>5</b>	6 miles moderate	40 minutes cross-training	3 miles easy	Rest	30 minutes cross-training	8 miles hard	3 miles easy
<b>6</b>	7 miles moderate	30 minutes cross-training	3 miles hard	4 miles	20 minutes cross-training	9 miles hard	Rest
<b>7</b>	7 miles moderate	30 minutes cross-training	3 miles easy	4 miles	20 minutes cross-training	9 miles hard	3 miles easy
<b>8</b>	7 miles moderate	30 minutes cross-training	3 miles moderate	4 miles	20 minutes cross-training	9 miles hard	3 miles easy
<b>9</b>	7 miles hard	30 minutes cross-training	3 miles easy	4 miles	20 minutes cross-training	10 miles hard	Rest
<b>10</b>	7 miles hard	40 minutes cross-training	3 miles easy	Rest	30 minutes cross-training	10 miles hard	3 miles easy
<b>11</b>	7 miles moderate	30 minutes cross-training	3 miles hard	4 miles	20 minutes cross-training	11 miles hard	Rest
<b>12</b>	7 miles moderate	30 minutes cross-training	3 miles hard	4 miles	20 minutes cross-training	11 miles moderate	3 miles easy
<b>13</b>	5 miles moderate	30 minutes cross-training	3 miles moderate	20 minutes cross-training	3 miles	Rest	Race Day!