



**Geist Half Training Plan - 12 Week / Beginner**  
 Provided by: Jon Wade - RRCA Certified Running Coach  
[www.jonwaderunning.com](http://www.jonwaderunning.com)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 Miles - Easy	REST/Cross	3 Miles - Easy	REST	3 Miles - Easy	4 Miles - Easy	REST
2	3 Miles - Easy	REST/Cross	3 Miles - Easy	REST	3 Miles - Pace	5 Miles - Easy	REST
3	3.5 Miles - Easy	REST/Cross	3.5 Miles - Easy	REST	4 Miles - Easy	6 Miles - Easy	REST
4	3.5 Miles - Easy	REST/Cross	3.5 Miles - Easy	REST	4 Miles - Pace	4 Miles - Easy	REST
5	4 Miles - Easy	REST/Cross	4 Miles - Easy	REST	5 Miles - Easy	7 Miles - Easy	REST
6	4 Miles - Easy	REST/Cross	4 Miles - Easy	REST	5 Miles - Pace	8 Miles - Easy	REST
7	4.5 Miles - Easy	REST/Cross	4.5 Miles - Easy	REST	6 Miles - Easy	9 Miles - Easy	REST
8	4.5 Miles - Easy	REST/Cross	4.5 Miles - Easy	REST	6 Miles - Pace	7 Miles - Easy	REST
9	5 Miles - Easy	REST/Cross	5 Miles - Easy	REST	7 Miles - Easy	10 Miles - Easy	REST
10	5 Miles - Easy	REST/Cross	5 Miles - Easy	REST	7 Miles - Pace	12 Miles - Easy	REST
11	5 Miles - Easy	REST/Cross	5 Miles - Easy	REST	6 Miles - Easy	6 Miles - Easy	REST
12	4 Miles - Easy	REST	2 Miles - Easy	REST	2 Miles - Easy	<b>RACE DAY 13.1</b>	REST

## Explanations

**Easy Runs** - These are meant to be at a pace where you can hold a conversation. That may be tougher in the beginning and thats totally normal. If you are brand new to running, all runs may feel a bit hard. That is totally normal, so don't get discouraged.

**Cross** - Any kind of cross training will be helpful here. It can be as simple as some stretching, yoga, weight training etc... Preferably something low to no impact. Great free yoga videos on YouTube as well.

**Paces** - For runs with specific paces like tempo, interval/repeat, 5k, 10k, etc...

Visit <https://www.jonwaderunning.com/race-training-pace-caclulator/> - Here you can calculate race and training paces.