

Half Marathon Training Plan

	MON	TUES	WED	THURS	FRI	SOLE SISTERS SATURDAY!	SUN
Wk 1 2/23 - 3/1				KICK-OFF NIGHT!	rest day	3 mi.	rest day
Wk 2 3/2 - 3/8	2 mi.	X Train	2 mi.	X Train		3 mi.	
Wk 3 3/9 - 3/15	2 mi.	X Train	2 mi.	X Train		4 mi.	
Wk 4 3/16 - 3/22	3 mi.	X Train	3 mi.	X Train		5 mi.	
Wk 5 3/23 - 3/29	3 mi.	X Train	3 mi.	X Train		4 mi.	
Wk 6 3/30 - 4/5	3 mi.	X Train	3 mi.	X Train		6 mi. ROAD RUNNER	
Wk 7 4/6 - 4/12	3.5 mi.	X Train	3.5 mi.	X Train		7 mi.	
Wk 8 4/13 - 4/19	3.5 mi.	X Train	3.5 mi.	X Train		8 mi.	
Wk 9 4/20 - 4/26	4 mi.	X Train	4 mi.	X Train		7 mi. COACH APPRECIATION	
Wk 10 4/27 - 5/3	4 mi.	X Train	4 mi.	X Train		9 mi.	
Wk 11 5/4 - 5/10	5 mi.	X Train	5 mi.	X Train		10 mi.	
Wk 12 5/11 - 5/17	4 mi.	X Train	4 mi.	X Train		11 mi.	
Wk 13 5/18 - 5/24	4 mi.	X Train	4 mi.	X Train		6 mi.	
Wk 14 5/25 - 5/31	3 mi.	X Train	3 mi.	X Train		13.1 Race Day!	

Yoga, Pilates, Strength Training, Group Fitness, Stretching, etc.

IMPORTANT NOTES

Rest Days - you don't have to skip out on exercise completely, just take it easy and give your hard working legs a break.

*Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to consult a physician before beginning any new training plan.

