

1/2 Marathon Training Plan

	MON	TUES	WED	THURS	FRI	SOLE SISTERS SATURDAY!	SUN
Wk 1 3/6 - 3/12	2 mi.	X Train	2 mi.	X Train	Rest	3 mi.	Rest
Wk 2 3/13 - 3/19	2 mi.	X Train	2 mi.	X Train		4 mi.	
Wk 3 3/20 - 3/26	3 mi.	X Train	3 mi.	X Train		5 mi.	
Wk 4 3/27- 4/2	3 mi.	X Train	3 mi.	X Train		4 mi.	
Wk 5 4/3 - 4/9	3 mi.	X Train	3 mi.	X Train		6 mi.	
Wk 6 4/10 - 4/16	3.5 mi.	X Train	3.5 mi.	X Train		7 mi.	
Wk 7 4/17 - 4/23	3.5 mi.	X Train	3.5 mi.	X Train		8 mi.	
Wk 8 4/24- 4/30	4 mi.	X Train	4 mi.	X Train		6 or 7 mi. Road Runner	
Wk 9 5/1 - 5/7	4 mi.	X Train	4 mi.	X Train		9 mi.	
Wk 10 5/8 - 5/14	5 mi.	X Train	5 mi.	X Train		10 mi.	
Wk 11 5/15 - 5/21	4 mi.	X Train	4 mi.	X Train		11mi.	
Wk 12 5/22 - 5/28	4 mi.	x Train	4 mi.	X Train		6 mi.	
Wk 13 5/29- 6/4	3 mi.	x Train	3 mi.	X Train		13.1 Race Day!	

X Training Examples

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.

