

Half Marathon Training Plan

| | MON | TUES | WED | THURS | FRI | SOLE SISTERS SATURDAY! | SUN |
|-----------------------------|---------|---------|---------|---------|----------------|------------------------------------|----------------|
| Wk 1 3/3 - 3/9 | 2 mi. | X Train | 2 mi. | X Train | ---rest day--- | 3 mi. | ---rest day--- |
| Wk 2 3/10 - 3/16 | 2 mi. | X Train | 2 mi. | X Train | | 4 mi. | |
| Wk 3 3/17 - 3/23 | 3 mi. | X Train | 3 mi. | X Train | | 5 mi. | |
| Wk 4 3/24 - 3/30 | 3 mi. | X Train | 3 mi. | X Train | | 4 mi. | |
| Wk 5 3/31 - 4/6 | 3 mi. | X Train | 3 mi. | X Train | | 6 mi. ROAD RUNNER | |
| Wk 6 4/7 - 4/13 | 3.5 mi. | X Train | 3.5 mi. | X Train | | 7 mi. | |
| Wk 7 4/14 - 4/20 | 3.5 mi. | X Train | 3.5 mi. | X Train | | 8 mi. | |
| Wk 8 4/21 - 4/27 | 4 mi. | X Train | 4 mi. | X Train | | 7 mi. COACH APPRECIATION | |
| Wk 9 4/28 - 5/4 | 4 mi. | X Train | 4 mi. | X Train | | 9 mi. | |
| Wk 10 5/5 - 5/11 | 5 mi. | X Train | 5 mi. | X Train | | 10 mi. | |
| Wk 11 5/12 - 5/18 | 4 mi. | X Train | 4 mi. | X Train | | 11 mi. | |
| Wk 12 5/19 - 5/25 | 4 mi. | x Train | 4 mi. | X Train | | 6 mi. | |
| Wk 13 5/26 - 6/1 | 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.

