

**Half Marathon  
Training Week  
Starts on Sunday**

**Sunday**                      **Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**                      **Saturday**                      **Weekly total**                      **Cummulative total**

**Week of June 21-27**

Beginner	Off	xtrain	30 min	xtrain	30 min CP	Light workout	2 miles		
Intermediate	Off	xtrain	35 min	xtrain	35 min CP	Light workout	4 miles		
Advanced	Off	xtrain	35 min/MM	xtrain	35 min CP	Light workout	6 miles		

**Week of June 28 -July 4**

Beginner	Off	xtrain	30 min	xtrain	30 min CP	Light workout	3 miles		
Intermediate	Off	xtrain	35 min	xtrain	35 min CP	Light workout	5 miles		
Advanced	Off	xtrain	35 min/MM	xtrain	35 min CP	Light workout	7 miles		

**Week of July 5-11**

Beginner	Off	xtrain	30 min	xtrain	30 min CP	Light workout	4 miles		
Intermediate	Off	xtrain	35 min	xtrain	35 min CP	Light workout	6 miles		
Advanced	Off	xtrain	35 min/MM	xtrain	35 min CP	Light workout	8 miles		

**Week of July 12-18**

Beginner	Off	xtrain	30 min	xtrain	30 min CP	Light workout	4 miles		
Intermediate	Off	xtrain	35 min	xtrain	35 min CP	Light workout	5 miles		
Advanced	Off	xtrain	35 min/MM	xtrain	35 min CP	Light workout	7 miles		

**Half Marathon  
Training Week  
Starts on Sunday**

**Sunday**                      **Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**                      **Saturday**                      **Weekly total**                      **Cummulative total**

**Week of July 19-25**

Beginner	Off	x train	30 min	x train	30 min (CP)	Light workout	5 miles		
Intermediate	Off	x train	35 min	xtrain	35 min (CP)	Light workout	6 miles		
Advanced	Off	x train	35 min /MM	xtrain	35 min (CP)	Light workout	9 miles		

**Week of July 26-Aug 1**

Beginner	Off	x train	40 min	x train	40 min (CP)	Light workout	4miles		
Intermediate	Off	x train	45 min	xtrain	45 min (CP)	Light workout	5 miles		
Advanced	Off	x train	35 min /MM	xtrain	45 min (CP)	Light workout	7 Miles		

**Week of Aug 2-8**

Beginner	Off	x train	40 min	x train	40 min (CP)	Light workout	6 miles		
Intermediate	Off	x train	45 min	xtrain	45 min (CP)	Light workout	7 miles		
Advanced	Off	x train	45 min /MM	xtrain	45 min (CP)	Light workout	11 miles		

**Week of Aug 9-15**

Beginner	Off	x train	45 min	x train	45 min (CP)	Light workout	5 miles		
Intermediate	Off	x train	45 min	xtrain	45 min (CP)	Light workout	6 miles		
Advanced	Off	x train	45 min run/MM	xtrain	45 min (CP)	Light workout	8 miles		

**Half Marathon  
Training Week  
Starts on Sunday**

**Sunday**                      **Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**                      **Saturday**                      **Weekly total**                      **Cummulative total**

**Week of Aug 16-22**

Beginner	Off	x train	45 min	x train	45 min (CP)	Light workout	8 miles		
Intermediate	Off	x train	45 min	xtrain	45 min (CP)	Light workout	9 miles		
Advanced	Off	x train	50 min run	xtrain	50 min (CP)	Light workout	12 miles		

**Week of Aug 23-29**

Beginner	Off	x train	45 min	x train	45 min (CP)	Light workout	6 miles		
Intermediate	Off	x train	50 min run	xtrain	50 min (CP)	Light workout	7 miles		
Advanced	Off	x train	50 min run	xtrain	50 min (CP)	Light workout	9 miles		

**Week of Aug 30-Sept 5**

Beginner	Off	x train	50 min run	x train	50 min (CP)	Light workout	10miles		
Intermediate	Off	x train	50 min run	xtrain	50 min (CP)	Light workout	11 miles		
Advanced	Off	x train	50 min run	xtrain	50 min (CP)	Light workout	13 miles		

**Week of Sept 6-12**

Beginner	Off	x train	50 min run	x train	50 min (CP)	Light workout	7 miles		
Intermediate	Off	x train	50 min run	xtrain	50 min (CP)	Light workout	8 miles		
Advanced	Off	x train	50 min run	xtrain	50 min (CP)	Light workout	10 miles		

**Half Marathon  
Training Week  
Starts on Sunday**

**Sunday**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**      **Saturday**      **Weekly total**      **Cumulative total**

**Week of Sept 13-19**

Beginner	Off	x train	40 Min run	x train	40 Min (CP)	Light workout	10 miles		
Intermediate	Off	x train	50 min run	xtrain	50 min (CP)	Light workout	10 miles		
Advanced	Off	x train	50 min run	xtrain	50 min (CP)	Light workout	14 miles		

**Week of Sept 20-26**

Beginner	Off	30 min (CP)	off or light workout	30 min Singing pace	off or light workout	off	8 miles		
Intermediate	Off	40 min (CP)	off or light workout	40 min singing pace	off or light workout	off	9 miles		
Advanced	Off	40 min (CP)	off or light workout	40 min singing pace	off or light workout	off	11 miles		

**Week of Sept 27-Oct 3**

Beginner	<i>Off</i>		50 min (CP)		50 min (CP)	Light workout	12 Miles		
Intermediate	<i>Off</i>	xtrain	50 min (CP)	xtrain	50 min (CP)	Light workout	12 Miles		
Advanced	<i>Off</i>	xtrain	50 min (CP)	xtrain	50 min (CP)	Light workout	15 Miles		

**Week of Oct 4-10**

Beginner	Off		40 min run		40 Min (CP)	Light workout	8 miles		
Intermediate	Off	x train	50 min run	xtrain	50 min (CP)	Light workout	9 miles		
Advanced	Off	x train	50 min run	xtrain	50 min (CP)	Light workout	10 miles		

Half Marathon  
Training Week  
Starts on Sunday

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday                      Weekly total                      Cumulative total

Week of Oct 11-17

Oct. 17,  
2015

Beginner	Off	30 min (CP)	off or light workout	30 min singing pace	off or light workout	off	13.1 Race Day		
Intermediate	Off	40 min (CP)	off or light workout	40 min singing pace	off or light workout	off	13.1 Race Day		
Advanced	Off	40 min (CP)	off or light workout	40 min singing pace	off or light workout	off	13.1 Race Day		