

1/2 MARATHON TRAINING PLAN



Week	Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		3	4	X	3	X	4	R
2		3	4	X	3	X	4	R
3		3	4	X	3	X	4	R
4		3	4	X	3	X	4	R
5		3	4	X	3	X	5	R
6		3	4	X	3	X	4	R
7		3	4	X	3	X	5	R
8		3	4	X	3	X	4	R
9		3	4	X	3	X	5	R
10		3	3	X	4	X	6	R
11		3	4	X	4	X	6	R
12		4	5	X	5	X	7	R
13		4	5	X	5	X	8	R
14		5	5	X	5	X	9	R
15		4	4	X	5	X	8	R
16		5	5	X	5	X	10	R
17		4	4	R	4	X	11 or 12	R
18		3	3	R	3	X	8	R
19		3	3	R	2	X	2	½ Marathon

X = Cross Training

R = Recovery