



Building Endurance

1/2 Marathon Training Schedule

Wk	Mon	Tue	Weds	Thurs	Fri	Sat	Sun	total
0		1 Jan 2	2 2 or xt	3 2	4	5 xt	6 3	9
0	7	8 3	9 2 or xt	10 3	11	12 xt	13 4	12
1	14	15 3 Team Run	16 2 or xt	17 3	18	19 xt	20 4	12
2	21	22 3	23 2 or xt	24 4	25	26 xt	27 5	14
3	28	29 4 Team Run	30 2 or xt	31 4	1 Feb	2 xt	3 6	16
4	4	5 4	6 2 or xt	7 4	8	9 xt Team Run	10 8	18
5	11	12 4 Team Run	13 3 or xt	14 4	15	16 xt	17 10	21
6	18	19 4	20 3 or xt	21 5	22	23 xt Team Run	24 11	23
7	25	26 5 Team Run	27 3 or xt	28 5	1 Mar	2 xt	3 12	25
8	4	5 4	6 3 or xt	7 5	8	9 xt Team Run	10 9	21
9	11	12 3 Team Run	13 3 or xt	14 4	15	16 xt	17 8	18
10	18	19 3	20 2 or xt	22 2	22	23	24 13.1 Race Day!	20

Note: XT means cross-train