

1/2 MARATHON SCHEDULE

WEEK	WEEK START DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK END DATE
1		stretch/strength	3	2 or cross	3	rest	30 min	4	
2		stretch/strength	3	2 or cross	3	rest	30 min	4	
3		stretch/strength	3.5	2 or cross	3.5	rest	40 min	5	
4		stretch/strength	3.5	2 or cross	3.5	rest	40 min	5	
5		stretch/strength	4	2 or cross	4	rest	40 min	6	
6		stretch/strength	4	2 or cross	4	rest	rest	5K	
7		stretch/strength	4.5	3 or cross	4.5	rest	50 min	7	
8		stretch/strength	4.5	3 or cross	4.5	rest	50 min	8	
9		stretch/strength	5	3 or cross	5	rest	rest	10-K	
10		stretch/strength	5	3 or cross	5	rest	60 min	9	
11		stretch/strength	5	3 or cross	5	rest	60 min	10	
12		stretch/strength	4	3 or cross	2	rest	rest	Half Marathon	