

2018

# HALF-MARATHON TRAINING SCHEDULE



## FEBRUARY

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6 Run 2	7 Rest	8 Run 2.5	9 Rest	10 Cross-Train
11 Run 3	12 Rest	13 Run 2	14 Rest	15 Run 3	16 Rest	17 Cross-Train
18 Run 4	19 Rest	20 Run 2.5	21 Cross-Train	22 Run 3	23 Rest	24 Cross-Train
25 Run 5	26 Rest	27 Run 3	28 Cross-Train	1	2	3
4	5	6	7	8	9	10

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# HALF-MARATHON TRAINING SCHEDULE



## MARCH

S	M	T	W	T	F	S
25	26	27	28	1 Run 4	2 Rest	3 Cross-Train
4 Run 6	5 Rest	6 Run 3	7 Cross-Train	8 Run 3	9 Rest	10 Cross-Train
11 Run 7	12 Rest	13 Run 4	14 Cross-Train	15 Run 4	16 Rest	17 Cross-Train
18 Run 8	19 Rest	20 Run 4	21 Rest	22 Run 4	23 Cross-Train	24 Cross-Train
25 Run 9	26 Rest	27 Run 4	28 Cross-Train	29 Run 3	30 Rest	31 Cross-Train
1	2	3	4	5	6	7

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# HALF-MARATHON TRAINING SCHEDULE



## APRIL

S	M	T	W	T	F	S
1 Run 10	2 Rest	3 Run 5	4 Cross-Train	5 Run 4	6 Cross-Train	7 Rest
8 Run 11	9 Rest	10 Run 4	11 Rest	12 Run 3	13 Cross-Train	14 Cross-Train
15 Run 12	16 Rest	17 Cross-Train	18 Rest	19 Run 3	20 Cross-Train	21 Cross-Train
22 Run 5	23 Rest	24 Run 2	25 Run 20 min.	26 Rest	27 Run 20 min.	28 Rest
29 Race 13.1	30	1	2	3	4	5
6	7	8	9	10	11	12