

Mntwi | Ntʼay Virtual Half Marathon Training



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
WEEK 1	10-30 min movement	1	1.5	1	10-30 min movement	1	2	~ 6.5
<i>NOTES: Week 1! Don't be intimidated. This is a slow build. On days of the week where nothing is scheduled, it's always great to get out and do 10-30 min of 'movement' such as walking, biking, swimming, stretching, yoga or other forms of light exercise.</i>								
WEEK 2	10-30 min movement	1	2	1	10-30 min movement	3	2	~ 9
<i>NOTES:</i>								
WEEK 3	10-30 min movement	2	1	2	10-30 min movement	2	3	~ 10
<i>NOTES:</i>								
WEEK 4	10-30 min movement	2	2	2	10-30 min movement	2	4	~ 12
<i>NOTES: Week 4! Good job, hopefully the habit of getting out is getting easier and you are enjoying your training!</i>								
WEEK 5	10-30 min movement	2	3	2	10-30 min movement	2	5	~ 14
<i>NOTES:</i>								
WEEK 6	10-30 min movement	3	2	3	10-30 min movement	2	6	~ 16
<i>NOTES: We're 6 weeks in! Congratulations! Be sure you're taking care of yourself with sleep & eating well.</i>								
WEEK 7	10-30 min movement	3	4	2	10-30 min movement	2	7	~ 18
<i>NOTES:</i>								
WEEK 8	10-30 min movement	3	4	2	10-30 min movement	6.2	3	~ 18
<i>NOTES:</i>								
WEEK 9	10-30 min movement	3	5	2	10-30 min movement	2	7	~ 19
<i>NOTES:</i>								
WEEK 10	10-30 min movement	3	4	4	10-30 min movement	2	8	~ 21
<i>NOTES: Practice eating while running! Your runs are getting longer so you'll want to fuel while running.</i>								

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WEEK 11	10-30 min movement	4	5	2	10-30 min movement	3	9	~ 23
<i>NOTES:</i>								
WEEK 12	10-30 min movement	3	5	3	10-30 min movement	3	6	~ 19
<i>NOTES: Your long run is down this week. Enjoy the shorter long run before we climb for the next two weeks!</i>								
WEEK 13	10-30 min movement	4	5	4	10-30 min movement	3	10	~ 26
<i>NOTES:</i>								
WEEK 14	10-30 min movement	4	5	4	10-30 min movement	3	11	~ 27
<i>NOTES: 11 miles! In a 27-mile week 🤩 Wow! Your longest run in the training plan. Taper ahead!</i>								
WEEK 15	10-30 min movement	4	5	3	10-30 min movement	3	7	~ 22
<i>NOTES:</i>								
WEEK 16	10-30 min movement	3	4	3	10-30 min movement	2	4	~ 16
<i>NOTES:</i>								
WEEK 17	10-30 min movement	3	2	2	REST	REST	RACE DAY! 13.1	~ 23
<i>NOTES: Go through your race day routine this week. Sunday: RACE DAY!! Yay! Simple dinner and good night's sleep.</i>								