## Mntwi | Nł?ay Virtual Half Marathon Training



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
WEEK 1	10-30 min	1	1.5	1	10-30 min	1	2	~ 6.5
	movement				movement			
						nothing is scheduled,		to get out
	and do 10-30	min of 'movement' s	such as walking, b	iking, swimming,	stretching, yoga (	or other forms of ligh	t exercise.	
WEEK 2	10-30 min	1	2	1	10-30 min	3	2	~ 9
	movement	_	_	_	movement		_	
	NOTES:				1			ı
WEEK 3	10-30 min	2	1	2	10-30 min	2	3	~ 10
	movement				movement			
	NOTES:							
WEEK 4	10-30 min	2	2	2	10-30 min	2	4	~ 12
	movement				movement			
	NOTES: Week	4! Good job, hopefu	ılly the habit of ge	tting out is gettin	g easier and you	are enjoying your trai	ining!	
WEEK 5	10-30 min	2	3	2	10-30 min	2	5	~ 14
	movement				movement			
	NOTES:							
WEEK 6	10-30 min	3	2	3	10-30 min	2	6	~ 16
	movement				movement			
	NOTES: We're	6 weeks in! Congra	tulations! Be sure	you're taking car	e of yourself with	sleep & eating well.		
WEEK 7	10-30 min	3	4	2	10-30 min	2	7	~ 18
	movement				movement			
	NOTES:							
WEEK 8	10-30 min	3	4	2	10-30 min	6.2	3	~ 18
	movement				movement			
	NOTES:							
WEEK 9	10-30 min	3	5	2	10-30 min	2	7	~ 19
	movement				movement			
	NOTES:							
WEEK 10	10-30 min	3	4	4	10-30 min	2	8	~ 21
	movement		•		movement	_		
		ce eating while runr	ning! Your runs are	getting longer so	o you'll want to fu	iel while running.	•	

## Mntwi | Nł?ay Virtual Half Marathon Training



WEEK 12   10-30 min   movement   movement	unday TOTAL	Sunday	Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	
NOTES:     WEEK 12   10-30 min movement movement   3   5   3   10-30 min movement   3   6     NOTES: Your long run is down this week. Enjoy the shorter long run before we climb for the next two weeks!     WEEK 13   10-30 min movement   4   5   4   10-30 min movement   3   10     NOTES:     WEEK 14   10-30 min movement   4   5   4   10-30 min movement   3   11     NOTES: 11 miles! In a 27-mile week © Wow! Your longest run in the training plan. Taper ahead!     WEEK 15   10-30 min movement   4   5   3   10-30 min movement   3   7     NOTES:     WEEK 16   10-30 min movement   3   4   3   10-30 min movement   2   4     NOTES:     WEEK 17   10-30 min movement   3   2   2   REST   REST   RACE DAY! movement   13.1	9 ~ 23	9	3	10-30 min	2	5	4	10-30 min	WEEK 11
WEEK 12   10-30 min   movement   movement				movement				movement	
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WEEK 13   10-30 min movement   4   5   4   10-30 min movement   3   10     NOTES:     WEEK 14   10-30 min movement   4   5   4   10-30 min movement   3   11     NOTES: 11 miles! In a 27-mile week ❖ Wow! Your longest run in the training plan. Taper ahead!     WEEK 15   10-30 min movement   3   7     NOTES:     WEEK 16   10-30 min movement   3   4   3   10-30 min movement   2   4     NOTES:     WEEK 17   10-30 min movement   3   2   2   REST   REST   RACE DAY! movement     NOTES:   13.1		1				;			
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NOTES:   WEEK 14 10-30 min movement 3	10 ~ 26	10	3	10-30 min	4	5	4	10-30 min	WEEK 13
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Sunday: RACE DAY!! Yay! Simple dinner and good night's sleep.									
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