

2011 CTC HALF MARATHON TRAINING SCHEDULE

BEGINNER PLAN

	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1	7/25	1-2 mi easy	Rest / XT	1-2 mi easy	Rest / XT	Rest / XT	2 mi long	Rest	4-6 mi
2	8/1	2 mi easy	Rest / XT	2 mi easy	Rest / XT	Rest / XT	2 mi long	Rest	5-6 mi
3	8/8	2 mi easy	Rest / XT	2 mi easy	Rest / XT	Rest / XT	3 mi long	Rest	7 mi
4	8/15	2 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	3 mi long	Rest	8 mi
5	8/22	2 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	4 mi long	Rest	9 mi
6	8/29	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	4 mi long	Rest	10 mi
7	9/5	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	5 mi long	Rest	11 mi
8	9/12	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	13 mi
9	9/19	3 mi easy	Rest / XT	5 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	16 mi
10	9/26	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	15 mi
11	10/3	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	17 mi
12	10/10	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	17 mi
13	10/17	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	19 mi
14	10/24	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	12 mi long	Rest	21 mi
15	10/31	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
16	11/7	3 mi easy	Rest / XT	2 mi tempo	Rest / XT	Rest / XT	Half Marathon	Celebrate!	18.1 mi

Prior to the week of July 24th you should build up your running to the point where you feel comfortable running a 2 mile long run. You should also be comfortable running a total of three days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two to three days a week, if you like.

Key to schedule:

- Easy: run at an easy pace
- Tempo: run at race pace
- Long: run at a pace at least one-two minutes a mile slower than your intended race pace
- Rest / XT: rest or cross train

For more information on the half Marathon Training program please visit www.BattlefieldMarathon.com