

COUCH TO HALF MARATHON

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Brisk Walk 35 minutes	Strength Training	Altnernate slow jog and slow walk 25 minutes	Cross- Training	Altnernate slow jog and slow walk 25 minutes	Strength Training	Long Run Walk 30 min
2	Brisk Walk 35 minutes	Strength Training	Altnernate slow jog and slow walk 30 minutes	Cross- Training	Altnernate slow jog and slow walk 30 minutes	Strength Training	Long Run Walk 35 min
3	Brisk Walk 40 minutes	Strength Training	Altnernate slow jog and slow walk 35 minutes	Cross- Training	Altnernate slow jog and slow walk 35 minutes	Strength Training	Long Run Walk 40 min
4	Brisk Walk 40 minutes	Strength Training	Altnernate slow jog and slow walk 35 minutes	Cross- Training	Altnernate slow jog and slow walk 35 minutes	Strength Training	Long Run Walk 40 min
5	Brisk Walk 40 minutes	Strength Training	Altnernate slow jog and slow walk 35 minutes	Cross- Training	Altnernate slow jog and slow walk 35 minutes	Strength Training	Long Run Walk 40 min

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6	Brisk Walk 45 minutes	Strength Training	Altnernate slow jog and slow walk 40 minutes	Cross- Training	Altnernate slow jog and slow walk 40 minutes	Strength Training	Long Run Walk 40 min
7	Brisk Walk 45 minutes	Strength Training	Altnernate slow jog and slow walk 45 minutes	Cross- Training	Altnernate slow jog and slow walk 45 minutes	Strength Training	Long Run Walk 40 min
8	Brisk Walk 45 minutes	Strength Training	Altnernate slow jog and slow walk 40 minutes	Rest & Stretch	Strength Training	Strength Training	Long Run Walk 40 min
9	Brisk Walk 45 minutes	Strength Training	Altnernate slow jog and slow walk 40 minutes	Rest & Stretch	Strength Training	Strength Training	Long Run Walk 40 min
10	Brisk Walk 45 minutes	Strength Training	Altnernate slow jog and slow walk 40 minutes	Rest & Stretch	Strength Training	Rest & Stretch	RACE DAY!