

HALF MARATHON TRAINING SCHEDULE



Here is a sample training schedule for the half-marathon. You can also find a lot of information on the web about training. This schedule has you walking (or running) four days a week, with one long run/walk each week. The most important thing is to build up your endurance.

We suggest that you get good, supportive shoes NOW so that they're comfortable and ready for 13.1 miles on April 25th.

Don't buy new shoes right before the race. You can choose whichever four days each week you want to train. This is just a suggestion – a guide. Check with your doctor to make sure that you are in good enough physical condition to walk or run a half-marathon.

Over the next few months, we will try to plan some group walks for people who want to participate. If you are interested, please let us know – lily@lilysgarden.org.

Half Marathon Training Schedule						
Week	Date	Day 1	Day 2	Day 3	Day 4	Week Total
1	January 5	3	3	3	4	13
2	January 12	3	3	3	4	13
3	January 19	3	4	3	4	14
4	January 26	3	4	3	4	14
5	February 2	3	4	3	5	15
6	February 9	3	5	3	6	17
7	February 16	4	5	4	6	19
8	February 23	4	5	4	7	20
9	March 2	4	5	4	8	21
10	March 9	4	6	4	9	23
11	March 16	4	6	4	10	24
12	March 23	4	6	4	11	25
13	March 30	4	6	4	12	26
14	April 6	4	6	4	10	24
15	April 13	3	5	3	8	19
16	April 20	3	3	Walk	RACE DAY!	19.1