

Wilmington Lady Fitness

HALF MARATHON TRAINING SCHEDULE

EVENT: 20 Week Half Marathon Training

	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 01		OFF	OFF	3 Miles	OFF	3 Miles	OFF	4 Miles
Week 02		3 Miles	OFF	3 Miles	OFF	3 Miles	OFF	4 Miles
Week 03		3 Miles	OFF	4 Miles	OFF	4 Miles	OFF	5 Miles
Week 04		3 Miles	OFF	4 Miles	OFF	4 Miles	OFF	5 Miles
Week 05		3 Miles	OFF	5 Miles	OFF	5 Miles	OFF	6 Miles
Week 06		2 Miles	OFF	5 Miles	OFF	5 Miles	OFF	6 Miles
Week 07		2 Miles	OFF	3 Miles	5 Miles	3 Miles	OFF	7 Miles
Week 08		3 Miles	OFF	3 Miles	5 Miles	4 Miles	OFF	7 Miles
Week 09		2 Miles	OFF	4 Miles	5 Miles	4 Miles	OFF	8 Miles
Week 10		3 Miles	OFF	4 Miles	5 Miles	4 Miles	OFF	8 Miles
Week 11		2 Miles	OFF	4 Miles	5 Miles	4 Miles	OFF	9 Miles
Week 12		2 Miles	OFF	4 Miles	5 Miles	4 Miles	OFF	9 Miles
Week 13		2 Miles	OFF	5 Miles	4 Miles	5 Miles	OFF	5 Miles
Week 14		2 Miles	OFF	5 Miles	5 Miles	5 Miles	OFF	10 Miles
Week 15		2 Miles	OFF	5 Miles	4 Miles	4 Miles	OFF	5 Miles
Week 16		2 Miles	OFF	5 Miles	5 Miles	4 Miles	OFF	11 Miles
Week 17		OFF	OFF	4 Miles	4 Miles	4 Miles	OFF	5 Miles
Week 18		OFF	OFF	4 Miles	5 Miles	4 Miles	OFF	12 Miles
Week 19		OFF	OFF	4 Miles	4 Miles	4 Miles	OFF	5 Miles
Week 20		OFF	OFF	5 Miles	OFF	4 Miles	OFF	EVENT DAY



PROGRAM DESIGN:

PANDORA WILLIAMS

www.DesperatelySeekingSlender.com

Weight Loss & Wellness Coach

Wilmington Lady Fitness

