

Love Run Half
Marathon
Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Run 2 Miles	Core Strength or Yoga	Run 3 Miles	Rest	Cross Train	Long Run 4 Miles
Week 2	Rest	Run 2 Miles	Core Strength or Yoga	Run 3 Miles	Rest	Cross Train	Long Run 5 Miles
Week 3	Rest	Run 3 Miles	Core Strength or Yoga	Run 4 Miles	Rest	Cross Train	Long Run 5
Week 4	Rest Day or Yoga	Run 2 Miles	Core Strength or Yoga	Run 5 Miles	Rest	Cross Train	Long Run 6
Week 5	Rest Day or Yoga	Run 3 Miles	Core Strength or Yoga	Run 4 Miles	Rest	Cross Train	Long Run 7 Miles
Week 6	Rest Day or Yoga	Run 3 Miles	Core Strength or Yoga	Run 5 Miles	Rest	Cross Train	Long Run 8 Miles
Week 7	Rest Day or Yoga	Run 2 Miles	Core Strength or Yoga	Run 3 Miles	Rest or Run 2 Miles	Cross Train	Long Run 9 Miles
Week 8	Rest Day or Yoga	Run 3 Miles	Core Strength or Yoga	Run 3 Miles	Rest or Run 2 Miles	Cross Train	Long Run 5 Miles
Week 9	Rest Day or Yoga	Run 3 Miles	Core Strength or Yoga	Run 5 Miles	Rest or Run 2 Miles	Cross Train	Long Run 10 Miles
Week 10	Rest Day or Yoga	Run 3 Miles	Core Strength or Yoga	Run 5 Miles	Rest or Run 2 Miles	Cross Train	Long Run 11 Miles
Week 11	Rest Day or Yoga	Run 4 Miles	Core Strength or Yoga	Run 3 Miles	Rest or Run 2 Miles	Cross Train	Long Run 12 Miles
Week 12	Rest	Run 2 Miles	Core Strength or Yoga	Easy 5 Mile Run	Rest or Easy Workout	Rest or Easy Workout	RACE DAY!!

Monday: rest or gentle stretch/yoga

Tuesday: easy pace, comfortable run

Wednesday: core strengthening (pilates, barre, gym or home workout, power yoga)

Thursday: faster paced run, incorporate hills or sprints

Friday: rest or easy run

Saturday: cross training/full body workout (HIIT, TRX, Spin, Boot Camp)

Sunday: long run



This is a flexible training plan that can be adjusted to match your schedule. Trade days and switch workouts as needed. Need more guidance? Contact us at gina@core-fit.com to schedule a session with a run coach.

More info on Philly Runs Free at www.PhillyRunsFree.com