

CTC HALF MARATHON TRAINING SCHEDULE

BEGINNER PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
12/5	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	4 mi long	Rest	10 mi
12/12	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	5 mi long	Rest	11 mi
12/19	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
12/26	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	15 mi
1/2	3 mi easy	Rest / XT	5 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	18 mi
1/9	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	15 mi
1/16	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	17 mi
1/23	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	17 mi
1/30	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	19 mi
2/6	3 mi easy	Rest / XT	5 mi tempo	Rest / XT	Rest / XT	12 mi long	Rest	20 mi
2/13	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
2/20	3 mi easy	Rest / XT	2 mi tempo	Rest / XT	Rest / XT	Half Marathon	Rest	18.1 mi

Prior to the week of Dec. 5th you should build up your running to the point where you feel comfortable running a 3 - 4 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 tempo 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 groups runs and the half marathon training program please visit ScenicCityHalfMarathon.com