

AREC BEGINNER'S TRAIL 1/2 MARATHON TRAINING PLAN

Week	Mo	Tu	We* Optional Competitive	Th	Fr	Sa	Su	Weekly Total	Weekly Total*
1 21-Jan		6	6	6		6	6	24	30
2 28-Jan		6	7	6		8	6	26	33
3 4-Feb		7	8	6		9	6	28	36
4 11-Feb		7	8	7		10	6	30	38
5 18-Feb		6	7	6		5	5	22	29
6 25-Feb		5	4	3		13 Race		21	25
7 4-Mar		3	4	5		5	5	18	22
8 11-Mar		6	7	7		10	6	29	36
9 18-Mar		5	6	5		7	4	21	27
10 25-Mar		5	4	3		13 Race	8	29.1	33.1

To FINISH the distance (recommended for anyone who has had prior experience racing the 5K or 10K distance) complete mileage in white and blue columns. Monday and Friday should be REST OR a NON-leg cross training day (i.e. swimming, yoga, SUP). Wednesday can (and optimally should) include ANY type of cross-training (i.e. spin class, yoga, stairmaster, swimming, yoga, SUP).

* To **BE MORE COMPETITIVE** at this distance: OPTION #1: Complete the optional mileage listed in green columns on Wednesday for higher weekly mileage volume.

To **BE MORE COMPETITIVE** at this distance: OPTION #2: Include "tempo" running and/or interval workouts ONE of your Tuesday and Thursday runs, either weekly, or every other week (as opposed to adding Wednesday mileage)

To **BE MORE COMPETITIVE** at this distance: OPTION #3: Do option #1 AND option #2 so that your weekly mileage volume is higher AND you are incorporating faster running into your mid-week workouts.