

AREC INTERMEDIATE 1/2 MARATHON TRAIL TRAINING PLAN

Week	Mo	Tu	We* Optional Competitive	Th	Fr	Sa	Su	Weekly Total	Weekly Total*
1 21-Jan		6	6	6		7	6	25	31
2 28-Jan		6	6	7		10	6	29	35
3 4-Feb		7	7	7		10	6	30	37
4 11-Feb		8	8	8		10	6	32	40
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		8	3	19	23
8 11-Mar		6	7	8		10	8	32	39
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 half-marathon 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.