

# HALF MARATHON TRAINING 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 18, 2017	19	20	21	22	23	24
<b>WEEK #1</b>	1 MILE	2 MILE	REST & STRETCH	2 MILE	CROSS TRAIN 30min	3 MILE	2 MILE
	25	26	27	28	29	30	31
<b>WEEK #2</b>	REST & STRETCH	2.5 MILE	2 MILE	REST & STRETCH	CROSS TRAIN 30min	5 MILE	2 MILE
	January 1, 2018	2	3	4	5	6	7
<b>WEEK #3</b>	REST & STRETCH	3 MILE	REST & STRETCH	3 MILE	CROSS TRAIN 30min	7 MILE	3 MILE
	8	9	10	11	12	13	14
<b>WEEK #4</b>	REST & STRETCH	4 MILE	3 MILE	4 MILE	CROSS TRAIN 30min	8 MILE	3 MILE
	15	16	17	18	19	20	21
<b>WEEK #5</b>	REST & STRETCH	4 MILE	REST & STRETCH	3 MILE	CROSS TRAIN 30min	9 MILE	3 MILE
	22	23	24	25	26	27	28
<b>WEEK #6</b>	REST & STRETCH	5 MILE	3 MILE	4 MILE	CROSS TRAIN 30min	10 MILE	2 MILE
	29	30	31	February 1, 2018	2	3	4
<b>WEEK #7</b>	REST & STRETCH	5 MILE	3 MILE	5 MILE	CROSS TRAIN 30min	11 MILE	REST & STRETCH
	5	6	7	8	9	10	11
<b>WEEK #8</b>	REST & STRETCH	4 MILE	REST & STRETCH	4 MILE	CROSS TRAIN 30min	12 MILE	2 MILE
	12	13	14	15	16	17	18
<b>WEEK #9</b>	REST & STRETCH	4 MILE	REST & STRETCH	3 MILE	CROSS TRAIN 30min	5 MILE	2.5 MILE
	19	20	21	22	23	24	25
<b>RACE WEEK</b>	REST & STRETCH	2 MILE	3 MILE	REST & STRETCH	CROSS TRAIN 30min	2 MILE	<b>HALF MARATHON RACE DAY</b>

**8 On Your Side Health & Fitness Expo**

February 23, 2018 – 10:00am – 8:00pm  
 February 24, 2018 – 6:00am – 5:00pm

**Publix Gasparilla Half Marathon**

Saturday, February 25, 2018  
 START – 6:00am

**Key Words**

WARM UP – 5-10 minutes of light walking/jogging  
 RACE PACE – Goal minute per mile pace on Race Day  
 LIGHTLY – Below race pace  
 MODERATELY – Near race pace  
 HARD – At race pace or better  
 IW – Interval Workout  
 SPRINT – All out, hard running

