



2021 Spring Training Schedule

Half Marathon - Beginner

Week	Week of	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/27	off / X-train	2-3	2-3	off / X-train	2-3	off	3
2	01/03	off / X-train	2-3	2-3	off / X-train	3	off	4
3	01/10	off / X-train	3	3	off / X-train	3	off	4
4	01/17	off / X-train	3	3	off / X-train	3-4	off	5
5	1/24	off / X-train	3	3-4	off / X-train	3-4	off	6
6	1/31	off / X-train	3	3-4	off / X-train	4	off	6
7	02/07	off / X-train	3	3-4	off / X-train	3-4	off	7
8	02/14	off / X-train	3	3-4	off / X-train	4	off	7
9	2/21	off / X-train	3	3-4	off / X-train	3-4	off	8
10	2/28	off / X-train	3	3-4	off / X-train	4	off	9
11	3/07	off / X-train	3-4	3-4	off / X-train	3-4	off	9
12	3/14	off / X-train	3-4	3-4	off / X-train	3-4	off	10
13	3/21	off / X-train	3-4	3-4	off / X-train	4	off	9
14	3/28	off / X-train	3-4	3-4	off / X-train	4	off	11
15	04/04	off / X-train	3-4	3-4	off / X-train	4	off	13
16	04/11	Race	3-4	3-4	off / X-train	4	off	4
17	04/18	off / X-train	3	3	off / X-train	3	off	0
		Marathon!						