



Blue boxes indicate beer runs. All runs will be at 6:30. Varying distances, 3 miles average.	Green boxes indicate supported public training runs. All runs will begin from the downtown YMCA unless otherwise noted.	Yellow boxes indicate race week events.
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**Marathon and Half Marathon Training Plan**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Week 1	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	Total
Full Beginner	Rest	3 miles	5 miles	3 miles	Rest	8 miles	Cross	19
Full Intermediate	3 miles	4 miles	3 miles	Rest	5 miles	10 miles	Cross	25
Half	x	x	x	x	x	x	x	0

	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	Total
Full Beginner	Rest	Big E's in Midland	5 miles	3 miles	Rest	6 miles	Cross	17
Full Intermediate	3 miles		3 miles	Rest	5 miles		Cross	20
Half	x		x	x	x	x	x	0

	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	Total
Full Beginner	Rest	BWW Downtown GR	5 miles	3 miles	Rest	8 miles	Cross	17
Full Intermediate	3 miles		3 miles	Rest	6 miles	12 miles	Cross	27
Half	x		x	x	x	x	x	0

Week 4	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	Total
Full Beginner	Rest	3 miles	6 miles	3 miles	Rest	11 miles	Cross	23
Full Intermediate	3 miles	6 miles	3 miles	Rest	6 miles	13 miles	Cross	31
Half	x	x	x	x	x	x	x	0

Week 5	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	Total
Full Beginner	Rest	4 miles	6 miles	3 miles	Rest	12 miles	Cross	35
Full Intermediate	3 miles	3 miles	3 miles	Rest	7 miles	14 miles	Cross	30
Half	x	x	x	x	x	x	x	0

Week 6	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	Total
Full Beginner	Rest	Derby Station	6 miles	3 miles	Rest	11 miles	Cross	23
Full Intermediate	3 miles		3 miles	Rest	7 miles		Cross	27
Half	x		x	x	x	x	x	0

Week 7	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	Total
Full Beginner	Rest	4 miles	7 miles	4 miles	Rest	10 miles	Cross	25
Full Intermediate	4 miles	8 miles	4 miles	Rest	8 miles	12 miles	Cross	36
Half	Rest	3 miles	3 miles	3 miles	Rest	4-Jan	Cross	13

Week 8	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	Total
Full Beginner	Rest	The Curragh in Holland	7 miles	4 miles	Rest	15 miles	Cross	29
Full Intermediate	4 miles		4 miles	Rest	8 miles	17 miles	Cross	36
Half	Rest		3 miles	3 miles	Rest	5 miles	Cross	14

Week 9	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	Total
Full Beginner	Rest	Putt Putt's in GR	7 miles	4 miles	Rest	12 miles	Cross	26
Full Intermediate	4 miles		4 miles	Rest	Rest	14 miles	Cross	28
Half	Rest		4 miles	3 miles	Rest	6 miles	Cross	16

Week 10	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	Total
Full Beginner	Rest	6 miles	8 miles	4 miles	Rest	13 miles	Cross	31
Full Intermediate	4 miles	5 miles	4 miles	Rest	9 miles	13 miles	Cross	36
Half	Rest	4 miles	4 miles	3 miles	Rest	6 miles	Cross	17

Week 11	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	Total
Full Beginner	Rest	5 miles	8 miles	5 miles	Rest	12 miles	Cross	30
Full Intermediate	5 miles	10 miles	5 miles	Rest	8 miles		Cross	40
Half	Rest	3 miles	4 miles	3 miles	Rest	6 miles	Cross	16

Week 12	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	Total
Full Beginner	Rest	Vitale's of CP	8 miles	5 miles	Rest	16 miles	Cross	31
Full Intermediate	5 miles		5 miles	Rest	6 miles	16 miles	Cross	35
Half	Rest		5 miles	3 miles	Rest	7 miles	Cross	18

Week 13	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	Total
Full Beginner	Rest	5 miles	5 miles	5 miles	Rest	19 miles	Cross	34
Full Intermediate	5 miles	10 miles	5 miles	Rest	10 miles	20 miles	Cross	50
Half	Rest	3 miles	5 miles	3 miles	Rest	9 miles	Cross	20

Week 14	15-Sep	16-Sep	9/17/2012	18-Sep	19-Sep	20-Sep	21-Sep	Total
Full Beginner	Rest	5 miles	8 miles	5 miles	Rest	12 miles	Cross	30
Full Intermediate	5 miles	6 miles	5 miles	Rest	6 miles	12 miles	Cross	34
Half	Rest	3 miles	5 miles	3 miles	Rest	10 miles	Cross	21

Week 15	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	Total
Full Beginner	Rest	5 miles	5 miles	5 miles	Rest	Gazelle 10 and 20 mile training run from John Ball Zoo.	Cross	35
Full Intermediate	5 miles	10 miles	5 miles	Rest	10 miles		Cross	40
Half	Rest	3 miles	5 miles	3 miles	Rest		Cross	21

Week 16	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	Total
Full Beginner	Rest	4 miles	4 miles	5 miles	Rest	12 miles	Cross	25
Full Intermediate	5 miles	5 miles	5 miles	Rest	4 miles	12 miles	Cross	31
Half	Rest	5 miles	5 miles	3 miles	Rest	12 miles	Cross	25

Week 17	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	Total
Full Beginner	Rest	Peppino's GR	4 miles	4 miles	Rest	8 miles	Cross	19
Full Intermediate	4 miles		5 miles	Rest	4 miles	8 miles	Cross	24
Half	Rest		5 miles	3 miles	Rest	11 miles	Cross	22

Week 18	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	RACE DAY Oct 19	Total
Full Beginner	Rest	3 miles	2 miles	Rest	Rest	2 miles - EXPO	RACE DAY!	33.2
Full Intermediate	Rest	3 miles	4 miles	Rest	Rest			35.2
Half	Rest	3 miles	2 miles	2 miles	Rest			22.1