

2011 Training for More half-marathon plan

Week 1: January 3-9 (10 miles total)

- walk/run 2 miles three days
- 1 or 2 rest days
- 4 mile endurance walk/run (Saturday January 8th at 8am)
- Up to 2 days cross-training

Week 2: January 10-16 (11 miles total)

- walk/run 2 miles two days
- walk/run 3 miles one day
- 1 or 2 rest days
- 4 mile endurance walk/run (Saturday January 15th at 8am – Lynn is away)
- Up to 2 days cross-training

Week 3: January 17-23 (13 miles total)

- walk/run 3 miles two days
- walk/run 2 miles one day
- 1 or 2 rest days
- 5 mile endurance walk/run (Saturday January 22nd at **7:30am**)
- Up to 2 days cross-training

Week 4: January 24-30 (14 miles total)

- walk/run 3 miles two days
- walk/run 2 miles one day
- 1 or 2 rest days
- 6 mile endurance walk/run (Saturday January 29th at **12:30pm**)
- Up to 2 days cross-training

Week 5: January 31 – February 6 (15 miles total)

- walk/run 3 miles two days
- walk/run 2 miles one day
- 1 or 2 rest days
- 7 mile endurance walk/run (Sunday, February 6th at 8am)
- Up to 2 days cross-training

Week 6: February 7-13 (14 miles total)

- walk/run 3 miles three days
- 1 or 2 rest days
- 5 mile endurance walk/run (Saturday February 12th at 8am)
- Up to 2 days cross-training

Week 7: February 14-20 (17 miles total)

- walk/run 3 miles three days
- 1 or 2 rest days
- 8 mile endurance walk/run (Sunday, February 20th at 8am)
- Up to 2 days cross-training

Week 8: February 21-27 (18 miles total)

- walk/run 3 miles three days
- 1 or 2 rest days
- 9 mile endurance walk/run (Sunday, February 27th at 8am)
- Up to 2 days cross-training

Week 9: February 28 – March 6 (19 miles total)

- walk/run 3 miles three days
- 1 or 2 rest days
- 10 mile endurance walk/run (Saturday, March 5th at am)
- Up to 2 days cross-training

Week 10: March 7-13 (20 miles total)

- walk/run 3 miles three days
- 1 or 2 rest days
- 11 mile endurance walk/run (Saturday, March 12th at 8am)
- Up to 2 days cross-training

Week 11: March 14-20 (16 miles total)

- walk/run 3 miles two days
- walk/run 4 miles one day
- 1 or 2 rest days
- 6 mile endurance walk/run (Sunday, March 20th at 8am – Lynn is away)
- Up to 2 days cross-training

Week 12: March 21-28 (22 miles total)

- walk/run 3 miles two days
- walk/run 4 miles one day
- 1 or 2 rest days
- 12 mile endurance walk/run (Sunday, March 27th at 8am)
- Up to 2 days cross-training

Week 13: March 28-April 3rd – race day! (20.1 miles total)

- walk/run 3 miles one day
- walk/run 2 miles two days
- 3 rest days; be sure to rest on Friday AND Saturday
- Sunday, April 4th – 10am half-marathon!

Questions? Contact Lynn Grieger at 802-688-4511 or Lynn@LynnGrieger.com