

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Pre-training 5M	OFF	3M	4M	1 4M	2 OFF	3 3M weekly mileage:19
4 Pre-training 5M	5 OFF	6 3M	7 4M	8 4M	9 OFF	10 3M weekly mileage:19
11 1/2 marathon training starts 6M	12 OFF	13 4M	14 4M	15 4M	16 OFF	17 3M weekly mileage:21
18 7M	19 OFF	20 4M	21 5M	22 4M	23 OFF	24 3M weekly mileage:23
25 7M	26 OFF	27 4M	28 5M	29 4M	30 OFF	31 3M weekly mileage:23

Beginner Schedule

Note: all training is in miles. Off days may be switched to fit your individual schedules

If you want to add a workout to this schedule—on Tuesdays run 1 mile warm up and cool down with a two mile fartlek at 10K pace or increased exertion.

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 5M or 5K road race	2 OFF	3 4M	4 3M	5 4M	6 OFF	7 3M weekly mileage:19
8 7M	9 OFF	10 4M	11 4M	12 3M	13 OFF	14 3M weekly mileage:21
15 8M	16 OFF	17 4M	18 3M	19 5M	20 OFF	21 4M weekly mileage:24
22 9M	23 OFF	24 4M	25 4M	26 5M	27 OFF	28 4M weekly mileage:26

Beginner Schedule

Note: all training is in miles. Off days may be switched to fit your individual schedules

If you want to add a workout to this schedule—on Tuesdays run 1 mile warm up and cool down with a two mile fartlek at 10K pace or increased exertion.

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 7M or 5M—10K road race	2 OFF	3 4M	4 3M	5 4M	6 OFF	7 3M weekly mileage:21
8 10M	9 OFF	10 4M	11 4M	12 6M	13 OFF	14 3M weekly mileage:27
15 11M	16 OFF	17 4M	18 5M	19 6M	20 OFF	21 3M weekly mileage:29
22 12M	23 OFF	24 4M	25 5M	26 6M	27 OFF	28 3M weekly mileage:30
29 8M	30 OFF	31 4M				

Beginner Schedule

Note: all training is in miles. Off days may be switched to fit your individual schedules

If you want to add a workout to this schedule—on Tuesdays run 1 mile warm up and cool down with a two mile fartlek at 10K pace or increased exertion.

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 3M	2 4M	3 OFF	4 3M weekly mileage:22
5 Great Bay 1/2 Race Day!!!!	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Beginner Schedule

Note: all training is in miles. Off days may be switched to fit your individual schedules

If you want to add a workout to this schedule—on Tuesdays run 1 mile warm up and cool down with a two mile fartlek at 10K pace or increased exertion.