



SILLO DISTRICT

MARATHON

2018

**TRAINING
PLAN + LOG**

HALF MARATHON

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	cross train	30 minute brisk walk	run for 1 minute, walk for 2 minutes, repeat 10 times	30 minute brisk walk	cross train	run 1 minute, walk for 3 minutes, repeat 10 times
26	27	28				
cross train	2 miles	rest day				

NOTES:

cross train: 45-minute elliptical, bike, yoga, pilates | rest day: take a 20-30 minute walk

MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
			3 miles	2.5 miles	5 miles	rest day
5	6	7	8	9	10	11
rest day	3 miles	cross train	4 miles	rest day	6 miles	rest day
12	13	14	15	16	17	18
3 miles	cross train	3 miles	cross train	rest day	7 miles	cross train
19	20	21	22	23	24	25
rest day	4 miles	cross train	4 miles	rest day	8 miles	cross train easy
26	27	28	29	30	31	
cross train	rest day	4 miles	cross train easy	rest day	9 miles	

NOTES:

cross train: 45-minute elliptical, bike, yoga, pilates | rest day: take a 20-30 minute walk

APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
						1 rest day
2 rest day	3 4 miles	4 cross train	5 4 miles	6 rest day	7 10 miles	8 rest day
9 rest day	10 5 miles	11 cross train	12 4 miles	13 rest day	14 11 miles	15 rest day
16 cross train easy	17 4 miles	18 rest day	19 cross train	20 rest day	21 12 miles	22 rest day
23 cross train	24 rest day	25 3 miles	26 cross train	27 rest day	28 5 miles	29 cross train easy

NOTES:

cross train: 45-minute elliptical, bike, yoga, pilates | rest day: take a 20-30 minute walk

MAY

MON	TUE	WED	THU	FRI	SAT	SUN
30 cross train easy	1 rest day	2 2 mile run	3 cross train easy	4 rest day	5 20 min easy run	6 HALF MARATHON RACE DAY!
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOTES:
