

20 **SILO** 19
DISTRICT
MARATHON
26.2

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
	cross train	30 minute brisk walk	run for 1 minute, walk for 2 minutes, repeat 10 times	30 minute brisk walk	cross train	run for 1 minute, walk for 3 minutes, repeat 10 times
25	26	27	28			
cross train	2 miles	rest day	3 miles			

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

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 5 miles	3 cross train	4 4 miles	5 rest day	6 9 miles	7 rest day
8 rest day	9 4 miles	10 rest day	11 cross train	12 rest day	13 10-11 miles	14 rest day
15 3 miles	16 rest day	17 3 miles	18 cross train	19 rest day	20 5 miles	21 cross train easy
22 cross train easy	23 rest day	24 2 mile run	25 cross train easy	26 rest day	27 20 min easy run	28 HALF MARATHON RACE DAY!

NOTES:

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