

Boston 13.1 Half Marathon - June 27th

Run and Walk Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week #1-March 6/7	1 mile	X-Training or Speed	1 mile	Weight/Strength	easy 20 min	1 mile	Off
Week #2-March 13/14	1 mile	X-Training or Speed	1 mile- start easy, build to a fast finish (80-90%)	Weight/Strength	easy 30 min	2 miles	Off
Week #3-March 20/21	2 miles	X-Training or Speed	2 miles- 70% capacity	Weight/Strength	easy 30 min	3 miles start easy, last 1 mile fast (90%)	Off
Week #4- March 27/28	3 miles	X-Training or Speed	2 miles- start easy, build to a fast finish	Weight/Strength	easy 30 min	4 miles start easy, mile 2-3	Off
Week #5- April 3/4	4 miles	X-Training or Speed	3 miles - 70% capacity	Weight/Strength	easy 30 min	5 miles start slow, miles 2-3 fast	Off
Week #6- April 10/11	4miles	X-Training or Speed	3 miles- 70% capacity	Weight/Strength	easy 30 min	5 miles at 90%capacity	Off
Week #7- April 17/18	4miles	X-Training or Speed	3 miles- - start easy, build to a fast finish	Weight/Strength	easy 30 min	6 miles start slow, mile 3-6 fast	Off
Week #8- April 24/25	4miles	X-Training or Speed	4 miles - start easy, build to a fast finish	Weight/Strength	30 min - 70% capacity	7 miles	Off

Group Training - Location is indicated on the Team Calendar. An email confirming location with directions will be sent the week prior to each group activity.

Tuesday-Cross Training- This is a great way to give muscles, tendons, and ligaments a chance to recover from the efforts of the week. Try swimming, biking, rowing, the elliptical machine, basketball, soccer, etc.

Tuesday-Speed – Practice speed by doing short intervals at a fast pace and resting (jog at a comfortable pace) between intervals. ALWAYS warm up well before doing any intervals.

Thursday –Weight or Strength Training- Login to the Online Team Resource Center for examples.

Saturday-Long Runs- will add muscle strength and endurance.

To keep muscles loose and healthy, stretch for a minimum of ten minutes after each workout, and for 15 minutes after your long runs.