



RACEFEST

HALF TRAINING PLAN Beginner

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 1/26 - 2/1	Rest	3 miles + runner strength	3 miles + planks	3 miles	Rest	4 miles + planks	60 min cross train
2 2/2 - 2/8	Rest	3 miles	3 miles + planks	30 min cross train + runner strength	Rest	5 miles	2 miles + runner strength
3 2/9 - 2/15	Rest	4 miles + runner strength	3 miles + planks	3 miles	Rest	6 miles + planks	60 min cross train
4 2/16 - 2/22	Rest	4 miles	3 miles + planks	30 min cross train + runner strength	Rest	5 miles	3 miles + runner strength
5 2/23 - 3/1	Rest	5 miles + runner strength	3 miles + planks	3 miles	Rest	7 miles + planks	60 min cross train
6 3/2 - 3/8	Rest	4 miles	3 miles + planks	30 min cross train + runner strength	Rest	8 miles	4 miles + runner strength
7 3/9 - 3/15	Rest	5 miles + runner strength	3 miles + planks	3 miles	Rest	7 miles + planks	60 min cross train
8 3/16 - 3/22	Rest	5 miles	3 miles + planks	30 min cross train + runner strength	Rest	9 miles	4 miles + runner strength
9 3/23 - 3/29	Rest	5 miles + runner strength	3 miles + planks	3 miles	Rest	10 miles + planks	60 min cross train
10 3/30 - 4/5	Rest	6 miles	3 miles + planks	30 min cross train + runner strength	Rest	11 miles	5 miles + runner strength
11 4/6 - 4/12	Rest	5 miles + runner strength	3 miles + planks	3 miles	Rest	10 miles + planks	45 min cross train
12 4/13 - 4/19	Rest	2 miles	3 miles + planks	2 miles	Rest	Charlotte Racefest!	Celebrate your accomplishment!

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