2022 OC HALF MARATHON TRAINING PLAN

Date Week of:	SUNDAY rest	MONDAY easy	TUESDAY hard	WEDNESDAY strength	THURSDAY easy	FRIDAY long	SATURDAY long
1/30	Rest	15 min jog/walk	5 min easy, 2 min hard, 5 min easy, 2 min hard	Strength and core Search Youtube: "Strength Core workouts" 10 min	10 min easy jog/ walk	**2/4** 25 min: If you run friday, rest saturday	**2/5** 25 min (pick friday or saturday) If you run saturday, rest friday
2/6	rest	15 min jog/walk	5 min easy, 2 min hard, 5 min easy, 2 min hard	Strength and core 15 min Search Youtube: "Strength Core workouts" 10 min	15 min easy jog/ walk	**2/11** 30 min	**2/12** If you didn't run friday, run 30 min
2/13	rest	20 min jog/ walk	5 min easy, 2 min hard, 5 min easy, 5 min hard	Strength and Core 20 min	15 min easy jog/ walk	**2/18** 3 miles	**2/19** Or 3 miles
2/20	rest	20 min jog/ walk	5 min easy, 2 min hard, 5 min easy, 5 min hard	Strength and Core 20 min	15 min easy jog/ walk	**2/25** 4 miles	**2/26** Or 4 miles
2/27	Rest	2 miles easy walk/jog	2miles challenging tempo jog (try not to walk)	Strength and core 20 min	1.5 miles easy jog/ walk	**3/4** 5 miles	**3/5** Or 5 miles
3/6	Rest	3 miles easy walk/jog	2 miles challenging tempo (try not to walk)	Strength and core 20 min	1.5 miles easy jog/ walk	**3/11 6 miles Practice Test Run!**	**3/12 Or 6 miles Practice Test Run!**
3/13	Rest	3.5 miles easy walk/jog	3.5 miles(0.5mile easy, 1 mile fast, 1 mile easy, 1 mile fast)	Strength and core 20 min	2 miles easy jog/ walk	**3/18** 7 miles	**3/19** Or 7 miles
3/20	Rest	3.5 miles easy walk/jog	3.5 miles (0.5 mile easy 1 miles fast, 1 mile easy, 1 miles fast)	Strength and core 30 min	2 miles easy jog/ walk	**3/25** 6.5 miles	**3/26** Or 6.5 miles
3/27	Rest	3.5 miles easy walk/jog	4 miles (0.5 mile easy, 1 mile fast, 1 mile easy, 1 mile fast, 0.5 mile easy)	Strength and core 30 min	2.5 miles easy jog/ walk	**4/1** 8 miles	**4/2** Or 8 miles (Spring break starts)
4/3	Rest	4 miles easy walk/jog	4.5 miles (0.5 mile easy, 1 mile fast, 1 mile easy, 1.5 mile	Strength and core 30 min	2.5 miles easy jog/ walk	**4/8 REST!!! No group run:**	**4/9** We will all run **together** 10

			fast, 0.5 mile easy)			everyone will run on saturday for the 10 mile practice test run @ Newport Backbay	mile practice TEST run @Newport Backbay NOTE: Spring break finishes this weekend
4/10	Rest	4 miles easy walk/jog	4.5 miles (0.5 mile easy, 1 mile fast, 1 mile easy, 1.5 mile fast, 0.5 mile easy)	Strength and core 30 min	3 miles easy jog/ walk	**4/15:** 9 miles	**4/16** Or 9 miles
4/17	Rest	3.5 miles easy walk/jog	4.0 miles (0.5 mile easy, 1 mile fast, 1 mile easy, 1.0 mile fast, 0.5 mile easy)	Strength and core 30 min	2.5 miles easy jog/ walk	**4/22** **8 miles**	**4/23** **Or 8 miles**
4/24	Rest	2.5 miles easy walk/jog	2 miles (0.5 mile easy, 1 mile fast, 0.5 easy,)	Strength and core 20 min	2 miles easy jog/ walk	**4/29** Rest	**4/30** Rest: **Mr. You will pick up race packets at OC fairgrounds**
5/1	**RACE!!!! SUNDAY 5/1/22 MEET AT SCHOOL TBA**						