

Fairview Half Marathon Beginners Training Plan - April 11, 2015

Wk Number	Wk Begins With	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2/2/2015	3 miles	3 miles	Rest	3-4 miles	2.5 miles or cross train	5-6 miles	Rest
2	2/9/2015	3 miles	3 miles	Rest	3-4 miles	2.5 miles or cross train	6-7 miles	Rest
3	2/16/2015	3 miles, hilly run	3 miles	Rest	5 miles	2.5 miles or cross train	8 miles	Rest
4	2/23/2015	3 miles, hilly run	3 miles	Rest	5 miles	2.5 miles or cross train	9 miles	Rest
5	3/2/2015	4 miles, hilly run	3 miles	Rest	5 miles	2.5 miles or cross train	6 miles	Rest
6	3/9/2015	4 miles, hilly run	3 miles	Rest	6 miles	2.5 miles or cross train	9 miles	Rest
7	3/16/2015	4 miles, hilly run	3 miles	Rest	6 miles	3 miles or cross train	10 miles	Rest
8	3/23/2015	4 miles, hilly run	3 miles	Rest	6 miles	3 miles or cross train	10-12 miles	Rest
9	3/30/2015	3 miles, hilly run	3 miles	Rest	6 miles	3 miles or cross train	6 miles	Rest
10	4/6/2015	3 miles	2 miles	Rest	3 miles	Rest	Race	Rest

Sara currently is accepting new coaching clients. For more information on Sara's coaching services, visit www.realityrunning.com or email her at realityrunning@gmail.com. Feel free to email Sara with questions or comments about this training program.