



November 2009



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
8 16 total miles	23 Half Marathon training begins 4 miles	24 4 miles	25 Rest	26 Thanksgiving Day 4 miles	27 Rest	28 4 miles	29 Active Recovery
7 17 total miles	30 4 mile	Dec 1 4 miles	Dec 2 Rest	Dec 3 4 miles	Dec 4 Rest	Dec 5 5 miles	Dec 6 Active recovery

Half Marathon Training
Novice



December 2009



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 17 total miles	Nov 30 4 mile	1 4 miles	2 Rest	3 4 miles	4 Rest	5 5 miles	6 Active recovery
6 19 total miles	7 5 miles	8 4 miles	9 Rest	10 4 miles	11 Rest	12 6 miles	13 Active recovery
5 22 total miles	14 4 miles	15 4 miles	16 3 miles	17 4 miles	18 Rest	19 7 miles	20 Active recovery
4 24 total miles	21 4 miles	22 4 miles	23 4 miles	24 4 miles	25 Christmas Day Rest	26 8 miles	27 Active recovery
3 25 total miles	28 4 miles	29 4 miles	30 4 miles	31 4 miles	Jan 1 New Year's Day Rest	Jan 2 9 miles	Jan 3 Active recovery

Half Marathon Training
Novice



January 2010



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 25 total miles	Dec 28 4 miles	Dec 29 4 mile	Dec 30 4 miles	31 4 miles	1 New Year's Day Rest	2 9 miles	3 Active recovery
2 24 total miles	4 3 miles	5 4 miles	6 3 miles	7 4 miles	8 Rest	9 10 miles	10 Active Recovery
1 12 plus 13.1	11 3 miles	12 4 miles	13 3 miles	14 rest	15 2 miles	16 Rest	17 Race Day
	18 Martin Luther King Day	19	20	21	22	23	24
	25	26	27	28	29	30	31

Half Marathon Training
Novice