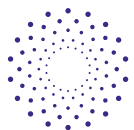
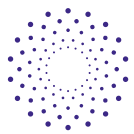


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	30 minute walk	Warm-up: 5 minutes 10 sets of 1 min fast walk and 1 min easy walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 10 sets of 1 min fast walk and 1 min easy walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 10 sets of 1 fast walk and 1 min easy walk Cool-down: 5 minutes	40 minute walk
WEEK 2	30 minute walk	Warm-up: 5 minutes 10 sets of 1 min fast walk and 1 min easy walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 10 sets of 1 min fast walk and 1 min easy walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 10 sets of 1 fast walk and 1 min easy walk Cool-down: 5 minutes	40 minute walk
WEEK 3	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min fast walk and 1 min easy walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min fast walk and 1 min easy walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 8 sets of 2 min fast walk and 1 min easy walk Cool-down: 5 minutes	40 minute walk
WEEK 4	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min fast walk and 1 min easy walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min fast walk and 1 min easy walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 8 sets of 2 min fast walk and 1 min easy walk Cool-down: 5 minutes	40 minute walk
WEEK 5	30 minute walk	Warm-up: 5 minutes 7 sets of 3 min fast walk and 2 min easy walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 7 sets of 3 min fast walk and 2 min easy walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 7 sets of 3 min fast walk and 2 min easy walk Cool-down: 5 minutes	40 minute walk
WEEK 6	30 minute walk	Warm-up: 5 minutes 7 sets of 3 min fast walk and 2 min easy walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 7 sets of 3 min fast walk and 2 min easy walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 7 sets of 3 min fast walk and 2 min easy walk Cool-down: 5 minutes	40 minute walk
WEEK 7	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min fast walk and 2 min easy walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min fast walk and 2 min easy walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 6 sets of 4 min fast walk and 2 min easy walk Cool-down: 5 minutes	40 minute walk
WEEK 8	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min fast walk and 2 min easy walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min fast walk and 2 min easy walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 6 sets of 4 min fast walk and 2 min easy walk Cool-down: 5 minutes	40 minute walk
WEEK 9	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min fast walk and 2 min easy walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min fast walk and 2 min easy walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 6 sets of 4 min fast walk and 2 min easy walk Cool-down: 5 minutes	40 minute walk
WEEK 10	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min fast walk and 2 min easy walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min fast walk and 2 min easy walk Cool-down: 5 minutes	REST	REST	RACE!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	30 minute walk	Warm-up: 5 minutes 10 sets of 1 min run and 1 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 10 sets of 1 min run and 1 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 10 sets of 1 min run and 1 min walk Cool-down: 5 minutes	40 minute walk
WEEK 2	30 minute walk	Warm-up: 5 minutes 10 sets of 1 min run and 1 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 10 sets of 1 min run and 1 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 10 sets of 1 min run and 1 min walk Cool-down: 5 minutes	40 minute walk
WEEK 3	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	40 minute walk
WEEK 4	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	40 minute walk
WEEK 5	30 minute walk	Warm-up: 5 minutes 7 sets of 3 min run and 2 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 7 sets of 3 min run and 2 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 7 sets of 3 min run and 2 min walk Cool-down: 5 minutes	40 minute walk
WEEK 6	30 minute walk	Warm-up: 5 minutes 7 sets of 3 min run and 2 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 7 sets of 3 min run and 2 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 7 sets of 3 min run and 2 min walk Cool-down: 5 minutes	40 minute walk
WEEK 7	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min run and 2 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min run and 2 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 6 sets of 4 min run and 2 min walk Cool-down: 5 minutes	40 minute walk
WEEK 8	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min run and 2 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min run and 2 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 6 sets of 4 min run and 2 min walk Cool-down: 5 minutes	40 minute walk
WEEK 9	30 minute walk	Warm-up: 5 minutes 3 sets of 10 min run and 2 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 3 sets of 10 min run and 2 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 3 sets of 10 min run and 2 min walk Cool-down: 5 minutes	40 minute walk
WEEK 10	30 minute walk	Warm-up: 5 minutes 3 sets of 10 min run and 2 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 3 sets of 10 min run and 2 min walk Cool-down: 5 minutes	REST	REST	RACE!



5K—Intermediate Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	30 minute walk	Warm-up: 5 minutes 10 sets of 1 min run and 1 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 10 sets of 1 min run and 1 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 10 sets of 1 min run and 1 min walk Cool-down: 5 minutes	40 minute walk
WEEK 2	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	40 minute walk
WEEK 3	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 8 sets of 2 min run and 1 min walk Cool-down: 5 minutes	40 minute walk
WEEK 4	30 minute walk	Warm-up: 5 minutes 7 sets of 3 min run and 2 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 7 sets of 3 min run and 2 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 7 sets of 3 min run and 2 min walk Cool-down: 5 minutes	40 minute walk
WEEK 5	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min run and 2 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min run and 2 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 6 sets of 4 min run and 2 min walk Cool-down: 5 minutes	40 minute walk
WEEK 6	30 minute walk	Warm-up: 5 minutes 5 sets of 5 min run and 2 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 5 sets of 5 min run and 2 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 5 sets of 5 min run and 2 min walk Cool-down: 5 minutes	40 minute walk
WEEK 7	30 minute walk	Warm-up: 5 minutes 3 sets of 10 min run and 2 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 3 sets of 10 min run and 2 min walk Cool-down: 5 minutes	REST	Warm-up: 5 minutes 3 sets of 10 min run and 2 min walk Cool-down: 5 minutes	40 minute walk
WEEK 8	30 minute walk	Warm-up: 5 minutes 2 sets of 15 min run and 2 min walk Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 2 sets of 15 min run and 2 min walk Cool-down: 5 minutes	REST	35 minute run/walk	40 minute walk
WEEK 9	30 minute walk	Warm-up: 5 minutes 20 minute run Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 20 minute run Cool-down: 5 minutes	REST	40 minute run/walk	40 minute walk
WEEK 10	30 minute walk	Warm-up: 5 minutes 20 minute run Cool-down: 5 minutes	30 minute walk	Warm-up: 5 minutes 20 minute run Cool-down: 5 minutes	REST	REST	RACE!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	30 minute walk	Warm-up: 5 minutes 10 sets of 1 min run hard and 1 min run easy Cool-down: 5 minutes	30 minute easy run	Warm-up: 5 minutes 20 minute HARD run Cool-down: 5 minutes	REST	3 mile easy run	40 minute walk
WEEK 2	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min run hard and 1 min run easy Cool-down: 5 minutes	30 minute easy run	Warm-up: 5 minutes 20 minute HARD run Cool-down: 5 minutes	REST	4 mile easy run	40 minute walk
WEEK 3	30 minute walk	Warm-up: 5 minutes 8 sets of 2 min run hard and 1 min run easy Cool-down: 5 minutes	30 minute easy run	Warm-up: 5 minutes 25 minute HARD run Cool-down: 5 minutes	REST	5 mile easy run	40 minute walk
WEEK 4	30 minute walk	Warm-up: 5 minutes 7 sets of 3 min run hard and 2 min run easy Cool-down: 5 minutes	30 minute easy run	Warm-up: 5 minutes 25 minute HARD run Cool-down: 5 minutes	REST	6 mile easy run	40 minute walk
WEEK 5	30 minute walk	Warm-up: 5 minutes 6 sets of 4 min run hard and 2 min run easy Cool-down: 5 minutes	30 minute easy run	Warm-up: 5 minutes 25 minute HARD run Cool-down: 5 minutes	REST	6 mile easy run	40 minute walk
WEEK 6	30 minute walk	Warm-up: 5 minutes 5 sets of 5 min run hard and 2 min run easy Cool-down: 5 minutes	30 minute easy run	Warm-up: 5 minutes 30 minute HARD run Cool-down: 5 minutes	REST	6 mile easy run	40 minute walk
WEEK 7	30 minute walk	Warm-up: 5 minutes 3 sets of 10 min run hard and 2 min run easy Cool-down: 5 minutes	30 minute easy run	Warm-up: 5 minutes 30 minute HARD run Cool-down: 5 minutes	REST	6 mile easy run	40 minute walk
WEEK 8	30 minute walk	Warm-up: 5 minutes 3 sets of 10 min run hard and 2 min run easy Cool-down: 5 minutes	30 minute easy run	Warm-up: 5 minutes 30 minute HARD run Cool-down: 5 minutes	REST	6 mile easy run	40 minute walk
WEEK 9	30 minute walk	Warm-up: 5 minutes 3 sets of 10 min run hard and 2 min run easy Cool-down: 5 minutes	30 minute easy run	Warm-up: 5 minutes 35 minute HARD run Cool-down: 5 minutes	REST	6 mile easy run	40 minute walk
WEEK 10	30 minute walk	Warm-up: 5 minutes 3 sets of 10 min run hard and 2 min run easy Cool-down: 5 minutes	30 minute easy run	Warm-up: 5 minutes 25 minute HARD run Cool-down: 5 minutes	REST	2 mile easy run	RACE!

Half Marathon Program

Walk, Run/Walk, or Run your way to the finish line!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Strength	3 miles easy	2 miles easy	Strength	Rest	3 miles easy	Rest or 2–4 miles easy
WEEK 2	Strength	3 miles easy	3 miles easy	Strength	Rest	4 miles easy	Rest or 2–4 miles easy
WEEK 3	Strength	3 miles easy	1/2 mile easy warm-up; 2 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	4–6 miles easy	Rest or 2–4 miles easy
WEEK 4	Strength	3 miles easy	1/2 mile easy warm-up; 3–4 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	4–6 miles easy	Rest or 2–4 miles easy
WEEK 5	Strength	3 miles easy	1/2 mile easy warm-up; 3 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	6–8 miles easy	Rest or 2–4 miles easy
WEEK 6	Strength	3 miles easy	1/2 mile easy warm-up; 4–6 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	6–8 miles easy	Rest or 2–4 miles easy
WEEK 7	Strength	3 miles easy	1/2 mile easy warm-up; 4 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	8–10 miles easy	Rest or 2–4 miles easy
WEEK 8	Strength	3 miles easy	1/2 mile easy warm-up; 4–6 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	8–10 miles easy	Rest or 2–4 miles easy
WEEK 9	Strength	3 miles easy	1/2 mile easy warm-up; 4 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	6 miles easy	Rest or 2–4 miles easy
WEEK 10	Strength	3 miles easy	1/2 mile easy warm-up; 6–8 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	8–10 miles easy	Rest or 2–4 miles easy
WEEK 11	Strength	3 miles easy	1/2 mile easy warm-up; 5 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	6 miles easy	Rest or 2–4 miles easy
WEEK 12	Strength	3 miles easy	1/2 mile easy warm-up; 8–10 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	10–12 miles easy	Rest or 2–4 miles easy
WEEK 13	Strength	3 miles easy	1/2 mile easy warm-up; 5 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	8 miles easy	Rest or 2–4 miles easy
WEEK 14	Strength	3 miles easy	1/2 mile easy warm-up; 6 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	12–14 miles easy	Rest or 2–4 miles easy
WEEK 15	Strength	3 miles easy	1/2 mile easy warm-up; 3 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	6 miles easy	Rest or 2–4 miles easy
WEEK 16	Rest	3 miles easy	3 miles HARD	Rest	Rest	RACE!	Celebrate!

Marathon Program

Walk, Run/Walk, or Run your way to the finish line!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Strength	3 miles easy	2 miles easy	Strength	Rest	4 miles easy	Rest or 2–4 miles easy
WEEK 2	Strength	3 miles easy	3 miles easy	Strength	Rest	4 miles easy	Rest or 2–4 miles easy
WEEK 3	Strength	3 miles easy	1/2 mile easy warm-up; 2 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	4–6 miles easy	Rest or 2–4 miles easy
WEEK 4	Strength	3 miles easy	1/2 mile easy warm-up; 3–4 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	4–6 miles easy	Rest or 2–4 miles easy
WEEK 5	Strength	3 miles easy	1/2 mile easy warm-up; 3 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	6–8 miles easy	Rest or 2–4 miles easy
WEEK 6	Strength	3 miles easy	1/2 mile easy warm-up; 4–6 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	6–8 miles easy	Rest or 2–4 miles easy
WEEK 7	Strength	3 miles easy	1/2 mile easy warm-up; 4 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	8–10 miles easy	Rest or 2–4 miles easy
WEEK 8	Strength	3 miles easy	1/2 mile easy warm-up; 4–6 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	10–12 miles easy	Rest or 2–4 miles easy
WEEK 9	Strength	3 miles easy	1/2 mile easy warm-up; 4 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	10–12 miles easy	Rest or 2–4 miles easy
WEEK 10	Strength	3 miles easy	1/2 mile easy warm-up; 6–8 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	12–14 miles easy	Rest or 2–4 miles easy
WEEK 11	Strength	3 miles easy	1/2 mile easy warm-up; 5 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	16–18 miles easy	Rest or 2–4 miles easy
WEEK 12	Strength	3 miles easy	1/2 mile easy warm-up; 8–10 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	10–12 miles easy	Rest or 2–4 miles easy
WEEK 13	Strength	3 miles easy	1/2 mile easy warm-up; 5 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	20–22 miles easy	Rest or 2–4 miles easy
WEEK 14	Strength	3 miles easy	1/2 mile easy warm-up; 6 sets of 1/2 mile HARD with 2 minutes rest between ; 1/2 mile easy cool-down	Strength	Rest	14 miles easy	Rest or 2–4 miles easy
WEEK 15	Strength	3 miles easy	1/2 mile easy warm-up; 3 miles HARD ; 1/2 mile easy cool-down	Strength	Rest	10 miles easy	Rest or 2–4 miles easy
WEEK 16	Rest	3 miles easy	3 miles HARD	Rest	Rest	RACE!	Celebrate!