

# February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5  4 Miles Easy
6  1 Hour of Active Recovery	7  Cross Training Strength Training or Walk	8  3 Miles Easy Run	9  Walk or Play for 30 Minutes	10  3 Miles Easy	11  Cross Training 30 Minutes of Strength or Walking	12  4 Miles
13  Rest or Cross Train	14  Cross Training Strength Training or Walk	15  4 Miles Easy Run	16  Walk or Play for 30 Minutes	17  3 Miles Easy	18  Cross Training 30 Minutes of Strength or Walking	19  5 Miles
20  Rest or Cross Train	21  Cross Training Strength Training or Walk	22  4 Miles Easy Run	23  Walk or Play for 30 Minutes	24  4 Miles Easy	25  Cross Training 30 Minutes of Strength or Walking	26  5 Miles Total
27  Rest or Cross Train	28  Cross Training Strength Training or Walk					

## Half Marathon Beginners Training

# March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>SPEED VARIATION ADDED</b> Speed at RPE means Rate or Perceived Exertion We are looking for the runner to work hard during the first part of the interval, where the distance is difficult and a bit uncomfortable.</p> <p>Follow that up with an easy matching distance where the runner can recover to feel good enough to repeat the fast interval again.</p>		<p><b>1</b></p> <p>1 M wu, 1 M cd 2 x 200 w 200 recovery RPE of 8.5</p>	<p><b>2</b></p> <p>Walk or Play for 45 Minutes</p>	<p><b>3</b></p> <p>3 Miles Easy</p>	<p><b>4</b></p> <p>Cross Training 30 Minutes of Strength or Walking</p>	<p><b>5</b></p> <p>5 Miles Total  11 Miles Total</p>
		<p><b>6</b></p> <p>1 Hour of Active Recovery</p>	<p><b>7</b></p> <p>Cross Training Strength Training or Walk</p>	<p><b>8</b></p> <p>1 M wu, 1 M cd 4 x 200 w 200 recovery RPE of 8.5</p>	<p><b>9</b></p> <p>Walk or Play for 45 Minutes</p>	<p><b>10</b></p> <p>4 Miles Easy</p>
<p><b>13</b></p> <p>1 Hour of Active Recovery</p>	<p><b>14</b></p> <p>Cross Training Strength Training or Walk</p>	<p><b>15</b></p> <p>1 M wu, 1 M cd 6 x 200 w 200 recovery RPE of 8.5</p>	<p><b>16</b></p> <p>Walk or Play for 45 Minutes</p>	<p><b>17</b></p> <p>4 Miles Easy</p>	<p><b>18</b></p> <p>Cross Training 40 Minutes of Strength or Walking</p>	<p><b>19</b></p> <p>7 Miles Easy  15 Miles Total</p>
<p><b>20</b></p> <p>1 Hour of Active Recovery</p>	<p><b>21</b></p> <p>Cross Training Strength Training or Walk</p>	<p><b>22</b></p> <p>1 M wu, 2 M cd 6 x 200 w 200 recovery RPE of 8.5</p>	<p><b>23</b></p> <p>Walk or Play for 45 Minutes</p>	<p><b>24</b></p> <p>5 Miles Easy</p>	<p><b>25</b></p> <p>Cross Training 40 Minutes of Strength or Walking</p>	<p><b>26</b></p> <p>8 Miles Easy  16.5 Mile Total</p>
<p><b>27</b></p> <p>1 Hour of Active Recovery</p>	<p><b>28</b></p> <p>3 miles E followed by 4 Stride Outs</p>	<p><b>29</b></p> <p>1 M wu, 2 M cd 2 x 400 w 400 2 x 200 w 200 recovery RPE of 8.5</p>	<p><b>30</b></p> <p>Walk or Play for 45 Minutes</p>	<p><b>31</b></p> <p>5 Miles Easy</p>		

## Half Marathon Beginners Training

# April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Cross Training 40 Minutes of Strength or Walking	<b>2</b> 9 Miles Easy  19 Mile Total
<b>3</b> 1 Hour of Active Recovery	<b>4</b> Cross Training Strength Training or Walk	<b>5</b> 1 M wu, 2 M cd 4 x 400 w 400 recovery RPE of 8.5	<b>6</b> Walk or Play for 45 Minutes	<b>7</b> 5 Miles Easy	<b>8</b> Cross Training 40 Minutes of Strength or Walking	<b>9</b> 11 Miles Easy  22 Mile Total
<b>10</b> 1 Hour of Active Recovery	<b>11</b> Cross Training Strength Training or Walk	<b>12</b> 1 M wu, 1 M cd 4 x 400 w 400 rec. 2 x 200 w 200 rec. RPE of 8.5	<b>13</b> Walk or Play for 50 Minutes	<b>14</b> 6 Miles Easy	<b>15</b> Cross Training 40 Minutes of Strength or Walking	<b>16</b> 12 Miles Easy  23 Mile Total
<b>17</b> 1 Hour of Active Recovery	<b>18</b> Cross Training Strength Training or Walk	<b>19</b> 1 M wu, 1 M cd 4 x 400 w 400 rec. 4 x 200 w 200 rec. RPE of 8.5	<b>20</b> Walk or Play for 50 Minutes	<b>21</b> 6 Miles Easy	<b>22</b> Cross Training 40 Minutes of Strength or Walking	<b>23</b> 10 Miles Easy  21.5 Mile Total
<b>24</b> 1 Hour of Active Recovery	<b>25</b> Cross Training Strength Training or Walk	<b>26</b> 1 M wu, 1 M cd 4 x 400 w 400 rec. 4 x 200 w 200 rec. RPE of 8.5	<b>27</b> Walk or Play for 50 Minutes	<b>28</b> 7 Miles Easy	<b>29</b> Cross Training 40 Minutes of Strength or Walking	<b>30</b> 

## Half Marathon Beginner Training

# May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 Hour of Active Recovery	2 Cross Training Strength Training or Walk	3 1 M wu, 1 M cd 4 x 200 w 200 rec. RPE of 8.5	4 Walk or Play for 50 Minutes	5 3 Miles Easy	6 Cross Training 40 Minutes of Strength or Walking	7 2 Mile Run or 20 Minute Walk
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



## Half Marathon Beginner Training