



Hartford HealthCare Mystic Half Marathon Training Plan



Weeks to Race	DATE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
13		3	OFF	4	OFF	4	OFF	4	15
12	23-Feb	3	OFF	3	OFF	4	OFF	5	15
11	1-Mar	3	OFF	3	OFF	4	OFF	6	16
10	8-Mar	3	OFF	3	OFF	4	OFF	6.5	16.5
9	15-Mar	3 or Courthouse O'Putnam 5K	OFF	4	OFF	4	OFF	7	15
8	22-Mar	3 or O'Hartford 5K	OFF	4	2	4	OFF	8	18
7	29-Mar	4	OFF	3	3	5	OFF	9	24
6	5-Apr	3 or Legends Run/Walk	OFF	4	3	5	OFF	10	22
5	12-Apr	3	OFF	5	3	5	OFF	9	25
4	19-Apr	4	OFF	6	3	6	OFF	10	29
3	26-Apr	5	OFF	7	3	6	OFF	12	33
2	3-May	3	OFF	7	3	6	OFF	10	29
1	10-May	4	OFF	6	3	5	OFF	Off	18
Race Week	17-May	RACE DAY!	3	OFF	2	OFF	6	OFF	24.1

	Suggested minimum base prior to using this plan
	Base Building (Start of official program)
	Sharpening Phase specific to Race Course
	Taper
	Race Day
	Recovery

Please consult a physician or other health care professional before starting this or any fitness program to determine if it is suitable.