



Surftown Half Marathon Training Plan

| Weeks to Race | Training Week | Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Totals |
|---------------|---------------|--------|-----------------------|---------------|-----------|---------------|---------|---------------|----------------------|------------|
| 12 | 1 | 19-Jun | 3 miles | Rest/Cross | 3 miles | Rest/Cross | 4 miles | Full Rest Day | 6 miles | 16 miles |
| 11 | 2 | 26-Jun | 3 miles | Rest/Cross | 3 miles | Rest/Cross | 4 miles | Full Rest Day | 6.5 miles | 16.5 miles |
| 10 | 3 | 3-Jul | 3 miles | Rest/Cross | 3 miles | Rest/Cross | 4 miles | Full Rest Day | 5 miles | 15 miles |
| 9 | 4 | 10-Jul | 3 miles | Rest/Cross | 4 miles | Rest/Cross | 4 miles | Full Rest Day | 7 miles | 18 miles |
| 8 | 5 | 17-Jul | 3 miles | Rest/Cross | 4 miles | 2 miles | 4 miles | Full Rest Day | 8 miles | 21 miles |
| 7 | 6 | 24-Jul | 4 miles | Rest/Cross | 3 miles | 3 miles | 5 miles | Full Rest Day | 9 miles | 24 miles |
| 6 | 7 | 31-Jul | 3 miles | Rest/Cross | 4 miles | Rest/Cross | 4 miles | Full Rest Day | 7 miles | 18 miles |
| 5 | 8 | 7-Aug | 3 miles | Rest/Cross | 4 miles | 3 miles | 5 miles | Full Rest Day | 10 miles | 25 miles |
| 4 | 9 | 14-Aug | 5 miles | Rest/Cross | 7 miles | 3 miles | 6 miles | Full Rest Day | 12 miles | 33 miles |
| 3 | 10 | 21-Aug | 3 miles | Rest/Cross | 7 miles | 3 miles | 6 miles | Full Rest Day | 10 miles | 29 miles |
| 2 | 11 | 28-Aug | 3 miles | Rest/Cross | 4 miles | Rest/Cross | 4 miles | Full Rest Day | 8 miles | 19 miles |
| Race Week | 12 | 4-Sep | 3 miles | Rest/Cross | 2 miles | Rest/Cross | 6 miles | Full Rest Day | RACE DAY 13.1 | 24.1 miles |
| Recovery | | 11-Sep | 3 miles (Run or Walk) | Full Rest Day | 2 miles | Full Rest Day | 6 miles | | | 11 miles |

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| | Base Building (Start of official program) |
| | Sharpening Phase specific to Race Course |
| | Taper |
| | Race Day |
| | Recovery |

*Rest/Cross Train Day - Cross training can be a 45 minute bike ride or a 20 minute swim at Relative Perceived Effort 1-2. RPE 1-2 is defined as exertion where breathing difficulty is perceived as light.

This plan is based on the assumption that you are currently running at least 15 miles per week, at least 3 times per week, and are able to run at least 5 miles.

Base Building: Prepares you for your next phase of training.
Sharpening: Training specific to the race distance.
Taper: Reducing mileage before a race. Tapering helps muscles rest so that they are ready on race day.
Recovery: Walk or run at an easy to moderate intensity to get blood flowing to your muscles to help them recover.

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