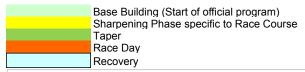


Mystic Half Marathon Training Plan

Weeks to Dage	Training Week	Dete	Manday	Tuesday	Madraada.	Thomadao	Friday	Catumday	Conde	Tatala
Weeks to Race	Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
12	1	26-Feb	3 miles	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6 miles	16 miles
11	2	4-Mar	3 miles	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6.5 miles	16.5 miles
10	3	11-Mar	3 miles	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	5 miles	15 miles
9	4	18-Mar	3 miles	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	18 miles
8	5	25-Mar	3 miles	Rest/Cross	4 miles	2 miles	4 miles	Full Rest Day	8 miles	21 miles
7	6	1-Apr	4 miles	Rest/Cross	3 miles	3 miles	5 miles	Full Rest Day	9 miles	24 miles
6	7	8-Apr	3 miles	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	18 miles
5	8	15-Apr	3 miles	Rest/Cross	4 miles	3 miles	5 miles	Full Rest Day	10 miles	25 miles
4	9	22-Apr	5 miles	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	12 miles	33 miles
3	10	29-Apr	3 miles	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	10 miles	29 miles
2	11	6-May	3 miles	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	8 miles	19 miles
Race Week	12	13-May	3 miles	Rest/Cross	2 miles	Rest/Cross	6 miles	Full Rest Day	RACE DAY 13.1	24.1 miles
Recovery		20-May	3 miles (Run or Walk)	Full Rest Day	2 miles	Full Rest Day	6 miles			11 miles



*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.

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.