



Surftown Half Marathon Training Plan

Weeks to Race	Training Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
12	1	17-Jun	3 miles	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6 miles	16 miles
11	2	24-Jun	3 miles	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6.5 miles	16.5 miles
10	3	1-Jul	3 miles	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	5 miles	15 miles
9	4	8-Jul	3 miles	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	18 miles
8	5	15-Jul	3 miles	Rest/Cross	4 miles	2 miles	4 miles	Full Rest Day	8 miles	21 miles
7	6	22-Jul	4 miles	Rest/Cross	3 miles	3 miles	5 miles	Full Rest Day	9 miles	24 miles
6	7	29-Jul	3 miles	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	18 miles
5	8	5-Aug	3 miles	Rest/Cross	4 miles	3 miles	5 miles	Full Rest Day	10 miles	25 miles
4	9	12-Aug	5 miles	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	12 miles	33 miles
3	10	19-Aug	3 miles	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	10 miles	29 miles
2	11	26-Aug	3 miles	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	8 miles	19 miles
Race Week	12	2-Sep	3 miles	Rest/Cross	2 miles	Rest/Cross	6 miles	Full Rest Day	RACE DAY 13.1	24.1 miles
Recovery		9-Sep	3 miles (Run or Walk)	Full Rest Day	2 miles	Full Rest Day	6 miles			11 miles

	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.