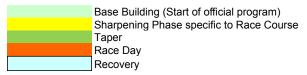


## **UConn Health Half Marathon Training Plan**

	Trainfing	HORSE							Ī	
Weeks to Race	Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
12	1	4-Mar	Rest/Cross*	3 miles	Rest/Cross*	4 miles	Full Rest Day	5 miles	3 miles	15 miles
11	2	11-Mar	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6 miles	3 miles	16 miles
10	3	18-Mar	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	6.5 miles	3 miles	16.5 miles
	.	05 M	D+/O	0!!	D1/0	4 !!	First Death D	F	0 !!	45 11
9	4	25-Mar	Rest/Cross	3 miles	Rest/Cross	4 miles	Full Rest Day	5 miles	3 miles	15 miles
8	5	1-Apr	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	3 miles	18 miles
	3	1-дрі	11630 01033	4 1111163	1103001033	4 1111163	Tuil Nest Day	7 1111103	3 miles	10 IIIIles
7	6	8-Apr	Rest/Cross	4 miles	2 miles	4 miles	Full Rest Day	8 miles	3 miles	21 miles
	-									
6	7	15-Apr	Rest/Cross	3 miles	3 miles	5 miles	Full Rest Day	9 miles	4 miles	24 miles
5	8	22-Apr	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	7 miles	3 miles	18 miles
4	9	29-Apr	Rest/Cross	4 miles	3 miles	5 miles	Full Rest Day	10 miles	3 miles	25 miles
	40		D 1/0	<b>-</b>	0 "	0 "	5 H D . I D	40 "	- "	00 "
3	10	6-May	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	12 miles	5 miles	33 miles
2	11	13-May	Rest/Cross	7 miles	3 miles	6 miles	Full Rest Day	10 miles	3 miles	29 miles
	- 11	13-Way	14630/01038	7 Tilles	Jillies	O TIMES	Tull Nest Day	10 miles	Jillies	23 1111163
1	12	20-May	Rest/Cross	4 miles	Rest/Cross	4 miles	Full Rest Day	8 miles	3 miles	19 miles
		•						RACE DAY!	Recovery Run	
Race Week		27-May	Rest/Cross	2 miles	Rest/Cross	6 miles	Full Rest Day	13.1	/ Walk	21.1 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.

**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.