

MAC HALF-MARATHON RECOMMENDED TRAINING SCHEDULE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 (Jan 22-Jan 28)	2 m run	3 m run	Rest or light cross-training	30 min cross-training	4 m run	Rest or light cross-training	3 m run
2 (Jan 29-Feb 4)	2 m run	3 m run	Rest or light cross-training	30 min cross-training	4 m run	Rest or light cross-training	3 m run
3 (Feb 5-Feb 11)	2 m run	3.5 m run	Rest or light cross-training	40 min cross-training	5 m run	Rest or light cross-training	3.5 m run
4 (Feb 12-Feb 18)	2 m run	3.5 m run	Rest or light cross-training	40 min cross-training	5 m run	Rest or light cross-training	3.5 m run
5 (Feb 19-Feb 25)	2 m run	4 m run	Rest or light cross-training	40 min cross-training	6 m run	Rest or light cross-training	4 m run
6 (Feb 26-March 4)	2 m run	4 m run	Rest or light cross-training	Rest	6 m run	Rest or light cross-training	4 m run
7 (March 5-11)	3 m run	4.5 m run	Rest or light cross-training	50 min cross-training	7 m run	Rest or light cross-training	4.5 m run
8 (March 12-18)	3 m run	4.5 m run	Rest or light cross-training	50 min cross-training	8 m run	Rest or light cross-training	4.5 m run
9 (March 19-25)	3 m run	5 m run	Rest or light cross-training	Rest	8 m run	Rest or light cross-training	5 m run
10 (Mar 26-April 1)	3 m run	5 m run	Rest or light cross-training	60 min cross-training	9 m run	Rest or light cross-training	5 m run
11 (April 2-8)	3 m run	5 m run	Rest or light cross-training	60 min cross-training	10 m run	Rest or light cross-training	5 m run
12 (April 9-15)	3 m run	2 m run	Rest or light cross-training	2 m run	Rest	Rest or light cross-training	Half Marathon