

**HEEL  
TO  
HEAL**



**HALF  
MARATHON**

**TRAINING  
SCHEDULE**



HeeltoHeal.SVCCchurch.com

\*run 2 minutes, walk 1 minutes

WK	START DATE	MON	TUE	WED	THU	FRI	SAT	SUN	PHASE
		RUN	WALK	RUN	WALK	RUN	RUN	REST	
<b>1</b>	28-Oct	<b>20 min</b> <i>run 2, walk 1*</i>	30 min <i>walk</i>	<b>20 min</b> <i>run 2, walk 1</i>	30 min <i>walk</i>	<b>30 min</b> <i>run 2, walk 1</i>	<b>35 min</b> <i>run 2, walk 1</i>	Rest	Base Training
<b>2</b>	4-Nov	<b>25 min</b> <i>run 2, walk 1</i>	30 min <i>walk</i>	<b>25 min</b> <i>run 2, walk 1</i>	30 min <i>walk</i>	<b>25 min</b> <i>run 2, walk 1</i>	<b>40 min</b> <i>run 3, walk 1</i>	Rest	
<b>3</b>	11-Nov	<b>30 min</b> <i>run 3, walk 1</i>	30 min <i>walk</i>	<b>30 min</b> <i>run 3, walk 1</i>	30 min <i>walk</i>	<b>30 min</b> <i>run 3, walk 1</i>	<b>45 min</b> <i>run 4, walk 1</i>	Rest	
<b>4</b>	18-Nov	<b>35 min</b> <i>run 3, walk 1</i>	30 min <i>walk</i>	<b>35 min</b> <i>run 3, walk 1</i>	30 min <i>walk</i>	<b>35 min</b> <i>run 3, walk 1</i>	<b>50 min</b> <i>run 4, walk 1</i>	Rest	
<b>5</b>	25-Nov	<b>40 min</b> <i>run 4, walk 1</i>	30 min <i>walk</i>	<b>40 min</b> <i>run 4 walk 1</i>	30 min <i>walk</i>	<b>40 min</b> <i>run 4, walk 1</i>	<b>60 min</b> <i>run 5, walk 1</i>	Rest	
<b>6</b>	2-Dec	<b>45 min</b> <i>run 5, walk 1</i>	30 min <i>walk</i>	<b>45 min</b> <i>run 5, walk 1</i>	30 min <i>walk</i>	<b>Rest</b>	<b>5K Test</b> <i>Run 3.1 miles</i>	Rest	
		EASY	EASY	STRENGTH	HARD	REST	LONG	X-TRAIN	
<b>7</b>	9-Dec	3 Miles	2 Miles	Strength & Core	3 Miles	Rest	4 Miles	Cross Train	Distance Training
<b>8</b>	16-Dec	3 Miles	2 Miles	Strength & Core	3 Miles	Rest	5 Miles	Cross Train	
<b>9</b>	23-Dec	3.5 Miles	2 Miles	Strength & Core	3.5 Miles	Rest	5 Miles	Cross Train	
<b>10</b>	30-Dec	3.5 Miles	2 Miles	Strength & Core	3.5 Miles	Rest	6 Miles	Cross Train	
<b>11</b>	6-Jan	4 Miles	2 Miles	Strength & Core	4 Miles	Rest	7 Miles	Cross Train	
<b>12</b>	13-Jan	4 Miles	2 Miles	Strength & Core	4 Miles	Rest	6 Miles	Cross Train	
<b>13</b>	20-Jan	4.5 Miles	3 Miles	Strength & Core	4.5 Miles	Rest	8 Miles	Cross Train	
<b>14</b>	27-Jan	4.5 Miles	3 Miles	Strength & Core	4.5 Miles	Rest	9 Miles	Cross Train	
<b>15</b>	3-Feb	5 Miles	3 Miles	Strength & Core	5 Miles	Rest	10 Miles	Cross Train	
<b>16</b>	10-Feb	5 Miles	3 Miles	Strength & Core	5 Miles	Rest	9 Miles	Cross Train	
<b>17</b>	17-Feb	5 Miles	3 Miles	Strength & Core	5 Miles	Rest	8 Miles	Cross Train	Taper
<b>18</b>	24-Feb	4 Miles	3 Miles	Strength & Core	2 Miles	Rest	<b>RACE WEEKEND!</b>		

