

Sisters in Fitness Running Club

Training Schedule for Spring ½ Marathon

Week	Mon.	Tues.	Wed.	Thurs. (race pace)	Fri (easy pace)	Sat	Sun
Week 1	6K	6.5 K	CT	5 K	Rest	13 K	Rest
Week 2	6 K	6.5 K	CT	6.5 K	Rest	14 K	Rest
Week 3	6 K	6.5 K	CT	6.5 K	Rest	16 K	Rest
Week 4	6.5 K	7.0 K	CT	5 K	Rest	13 K	Rest
Week 5	5 K	8 K	CT	6.5 K	Rest	15 K	Rest
Week 6	5 K	7 K	CT	5 K	Rest	19 K	Rest
Week 7	4 K	6.5 K	CT	5 K	Rest	8 K	Rest
Race Run Week 8	30 mins.	Rest	5 K Race pace.	30 mins.	20 Min		. Race Day!

CT – means cross training.

Remember be flexible if needed a day switched here or there will not affect your program!

All long runs (Saturday) are completed with 10 and 1 method. Short runs we aim to run the kilometers without stopping.

Important option: 1 short run can be swap out for 1 high intensity cardio session! I.E. heart rate elevated for min of 25 minutes. Think if the cross training session produces maximum sweat then it can be replace one of your short runs. The benefits of cross training are enormous!

REST – every article I've read stresses the need to rest as important as the need to run. Injury is often due to over training.