

CTC HALF MARATHON TRAINING SCHEDULE

BEGINNER PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
12/17/07	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	5 mi long	Rest	11 mi
12/24/07	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
12/31/07	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	15 mi
1/7/08	3 mi easy	Rest / XT	5 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	18 mi
1/14/08	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	15 mi
1/21/08	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	17 mi
1/28/08	3 mi easy	Rest / XT	8 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	19 mi
2/4/08	3 mi easy	Rest / XT	8 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	21 mi
2/11/08	3 mi easy	Rest / XT	8 mi tempo	Rest / XT	Rest / XT	12 mi long	Rest	23 mi
2/18/08	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
2/25/08	3 mi easy	Rest / XT	2 mi tempo	Rest / XT	Rest / XT	Half Marathon	Rest	18.1 mi

Prior to the week of December 17th you should build up your running to the point where you feel comfortable running a 4 – 5 mile long run. You should also be comfortable running a total of three days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30- 40 minutes two to three days a week, if you like.

Key to Schedule:

- Easy: run at an easy pace
- Tempo: run at race tempo pace
- Long: ran at a pace at least one-two minutes a mile slower than your intended race pace
- Rest / XT: rest or cross train

For more information on group runs and the half marathon training program please visit ChattanoogaTrackClub.org