

Love Run Half Marathon Training Program



COREFITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Run 2 Miles	Core Strength or Yoga	Run 3 Miles	Rest	Cross Train	Long Run 4 Miles
Week 2	Rest	Run 2 Miles	Core Strength or Yoga	Run 3 Miles	Rest	Cross Train	Long Run 5 Miles
Week 3	Rest	Run 3 Miles	Core Strength or Yoga	Run 4 Miles	Rest	Cross Train	Long Run 5 Miles
Week 4	Rest Day or Yoga	Run 2 Miles	Core Strength or Yoga	Run 5 Miles	Rest	Cross Train	Long Run 6 Miles
Week 5	Rest Day or Yoga	Run 3 Miles	Core Strength or Yoga	Run 4 Miles	Rest	Cross Train	Long Run 7 Miles
Week 6	Rest Day or Yoga	Run 3 Miles	Core Strength or Yoga	Run 5 Miles	Rest	Cross Train	Long Run 8 Miles
Week 7	Rest Day or Yoga	Run 2 Miles	Core Strength or Yoga	Run 3 Miles	Rest or Run 2 Miles	Cross Train	Long Run 9 Miles
Week 8	Rest Day or Yoga	Run 3 Miles	Core Strength or Yoga	Run 3 Miles	Rest or Run 2 Miles	Cross Train	Long Run 5 Miles
Week 9	Rest Day or Yoga	Run 3 Miles	Core Strength or Yoga	Run 5 Miles	Rest or Run 2 Miles	Cross Train	Long Run 10 Miles
Week 10	Rest Day or Yoga	Run 3 Miles	Core Strength or Yoga	Run 5 Miles	Rest or Run 2 Miles	Cross Train	Long Run 11 Miles
Week 11	Rest Day or Yoga	Run 4 Miles	Core Strength or Yoga	Run 3 Miles	Rest or Run 2 Miles	Cross Train	Long Run 12 Miles
Week 12	Rest	Run 2 Miles	Core Strength or Yoga	Easy 5 Mile Run	Rest or Easy Workout	Rest or Easy Workout	RACE DAY!!

Mondays: Rest or gentle stretch yoga

Tuesdays: Easy pace, comfortable run

Wednesdays: Core strengthening

Thursdays: Fast pace, incorporate hills and/or sprints

Fridays: Rest or easy run

Saturdays: Cross train (bike, swim, weight lifting)

Sundays: Long Run

This is a flexible training plan that can be adjusted to fit in your schedule. Trade days and switch workouts as needed. Need more guidance? Contact gina@core-fit.com to schedule a consultation with a running coach.