

River City UMC Run Club Half-Marathon Training Schedule

DAY	SUN	MON	TUE	WED	THU	FRI	SAT
MODE	Group Run	Rest Day	Run	Run	Cross	Rest/Run	Run
INTENSITY	Conversational Effort	Rest	Easy Effort	Moderate Effort	Moderate Effort	Moderate Effort	Easy Effort
WEEK 1 (2/12)	4 miles	Rest	3 miles	4 miles	30-45 minutes	30-45 minutes	30-40 minutes
WEEK 2 (2/19)	5 miles	Rest	3 miles	4 miles	30-45 minutes	30-45 minutes	30-40 minutes
WEEK 3 (2/26)	6 miles	Rest	3 miles	5 miles	30-45 minutes	30-45 minutes	30-40 minutes Anthem 5K
WEEK 4 (3/5)	6 miles	Rest	3 miles	5 miles	30-45 minutes	30-45 minutes	30-40 minutes
WEEK 5 (3/12)	7 miles	Rest	3 miles	6 miles	30-45 minutes	30-45 minutes	30-40 minutes Rodes City 10K
WEEK 6 (3/19)	8 miles	Rest	3 miles	7 miles	30-45 minutes	30-45 minutes	30-40 minutes
WEEK 7 (3/26)	9 miles	Rest	3 miles	7 miles	30-45 minutes	30-45 minutes	30-40 minutes Papa John 10 Mi
WEEK 8 (4/2)	10 miles	Rest	3 miles	8 miles	30-45 minutes	30-45 minutes	30-40 minutes
WEEK 9 (4/9)	11 miles	Rest	3 miles	7 miles	30-45 minutes	30-45 minutes	30-40 minutes
WEEK 10 (4/16)	6 miles	Rest	3 miles	5 miles	35 minutes	35 minutes	30-40 minutes
WEEK 11 (4/23)	4 miles	Rest	3 miles	Rest	30 minutes	30 minutes	Race Day

This program is geared towards first-time/beginner half-marathoners. Feel free to modify to what feels comfortable for you, but do try to get in the suggested total miles each week so you will be ready for the full 13.1 miles on April 29. Also, walkers can use this program, but refer to maximum pace requirements on info sheet.

Group Run: Meets at SMUMC unless otherwise posted week prior. Make sure to check Facebook and email. Also, longer group runs are Sundays but races are Saturdays. If you are running **Triple Crown**, feel free to switch out these days/adjust schedule.

Cross: Cross-training allows you to incorporate other activities to compliment your training and can help reduce risk of injury. Activities may include cycling, yoga/pilates, swimming, elliptical or any activity that is not walking or running.

Rest/Run: Your choice rest day or run for suggested time. If you are a beginner, you might need more rest days so your body doesn't become