

# BEGINNER 1/2 MARATHON W/ STRENGTH - 4 DAYS - 16 WEEKS

## DAILY WARM UP

(R) = Rest Day

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3K EASY	S	5K EASY	3K EASY	S	5K EASY	R

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5K EASY	S	6K EASY	3K EASY	S	6K EASY	R

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5K EASY	S	6K EASY	3K EASY	S	6K EASY	R

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5K EASY	S	6K EASY	3K EASY	S	8K LONG RUN	R

## DAILY COOL DOWN



Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

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### WEEK 5

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

5K RECOVERY	S	6K EASY	5K EASY	S	8K LONG RUN	R
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### WEEK 6

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

5K RECOVERY	S	6K EASY	5K EASY	S	10K LONG RUN	R
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### WEEK 7

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

5K RECOVERY	S	6K EASY	5K EASY	S	10K LONG RUN	R
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### WEEK 8

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

6K RECOVERY	S	6K EASY	5K EASY	S	11K LONG RUN	R
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## DAILY COOL DOWN



Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

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### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	S	6K EASY	5K EASY	S	11K LONG RUN	R

### WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	S	8K EASY	5K EASY	S	13K LONG RUN	R

### WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	S	8K EASY	6K EASY	S	16K LONG RUN	R

### WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8K RECOVERY	S	8K EASY	6K EASY	S	13K LONG RUN	R

## DAILY COOL DOWN



Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

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## DAILY WARM UP

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### WEEK 13

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

8K  
RECOVERY

S

10K  
EASY

6K  
EASY

S

16K  
LONG RUN

R

### WEEK 14

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

8K  
RECOVERY

S

10K  
EASY

6K  
EASY

S

19K  
LONG RUN

R

### WEEK 15

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

8K  
RECOVERY

S

10K  
EASY

6K  
EASY

S

13K  
LONG RUN

R

### WEEK 16

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

6K  
RECOVERY

R

5K  
EASY

3K  
EASY

R



R

## DAILY COOL DOWN

**RunBuzz**

Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness