

UNITE HALF MARATHON

Sample Beginner's Workout - Pace is Run/Walk or Run
Assume you can run or run walk for 35 minutes

Week	Date (Monday)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Stats	
									Miles	% Change
1	3-Jan	Xtrain Low Impact	Easy 2	Xtrain	Xtrain	Easy 3	Rest	Easy 3	8	
2	10-Jan	Xtrain Low Impact	Easy 3	Xtrain	Xtrain	Easy 3	Rest	Easy 4	10	25.0%
3	17-Jan	Xtrain Low Impact	Easy 3	Xtrain	Xtrain	Easy 3	Rest	Easy 5	11	10.0%
4	24-Jan	Xtrain Low Impact	Easy 4	Xtrain	Xtrain	Hills 3	Rest	Long 6	13	18.2%
5	31-Jan	Xtrain Low Impact	Easy 3	Xtrain	Xtrain	Hills 4	Rest	Long 7	14	7.7%
6	7-Feb	Xtrain Low Impact	E 1; (M 1; E .25)x2; E 1 4.5	Xtrain	Xtrain	Hills 4	Rest	Long 7	15.5	10.7%
7	14-Feb	Xtrain Low Impact	E 1.5; (H .5; E .5)x2; E 1 4.5	Xtrain	Xtrain	Easy 4	Rest	Long 8	16.5	6.5%
8	21-Feb	Xtrain Low Impact	Easy 30	Xtrain	Xtrain	Hills 4	Rest	Long 8	42	154.5%
9	28-Feb	Xtrain Low Impact	E 1; (M 1; E .25)x2; E 1 4.5	Xtrain	Xtrain	E 1; M 3; E 1 5	Rest	Long 7	16.5	-60.7%
10	7-Mar	Xtrain Low Impact	E 1.5; (H .5; E .5)x3; E 1 5.5	Xtrain	Xtrain	Hills 4	Rest	Long 9	18.5	12.1%
11	14-Mar	Xtrain Low Impact	Easy 4	Xtrain	Xtrain	Easy 4	Rest	Long 10	18	-2.7%
12	21-Mar	Xtrain Low Impact	Easy 4	Xtrain	Xtrain	E 1; M 3; E 1 5	Rest	Long 11	20	11.1%
13	28-Mar	Xtrain Low Impact	Easy 5	Xtrain	Xtrain	Hills 5	Rest	Long 9	19	-5.0%
14	4-Apr	Xtrain Low Impact	Easy 3	Xtrain	Xtrain	Hills 5	Rest	Long 5	13	-31.6%
15	11-Apr	Xtrain Low Impact	Easy 3	Xtrain	Xtrain	Rest	Rest	Race 13.1 miles		

Easy = E = Easy pace, can talk

Medium = M = Medium effort, talking is a little choppy

Hard = H = Hard effort, talking is challenging but you could do it

Always listen to your body. If at any point you become breathless, slow down or walk.