

UNITE HALF MARATHON

Sample Beginner's Workout - Pace is Walk or Run/Walk

Week	Date (Monday)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	31-Jan	Xtrain Low Impact	Easy 30	Xtrain	Xtrain	Hills 30	Rest	Long 1 h
2	7-Feb	Xtrain Low Impact	Easy 30	Xtrain	Xtrain	Hills 45	Rest	Long 1 h 15 m
3	14-Feb	Xtrain Low Impact	E:15; (H 5/E 5)x2; E 10 45	Xtrain	Xtrain	Easy 35	Rest	Long 1 h 40 m
4	21-Feb	Xtrain Low Impact	Easy 30	Xtrain	Xtrain	Hills 45	Rest	Long 1 h 45 m
5	28-Feb	Xtrain Low Impact	E:10; (M 10/E 2)x2; E 10 44	Xtrain	Xtrain	E 10; M 30; E 10 50	Rest	Long 1 h 30 m
6	7-Mar	Xtrain Low Impact	E:15; (H 5/E 5)x3; E 10 55	Xtrain	Xtrain	Hills 45	Rest	Long 1 h 45 m
7	14-Mar	Xtrain Low Impact	E:10; (M 10/E 2)x2; E 10 44	Xtrain	Xtrain	Easy 35	Rest	Long 2h
8	21-Mar	Xtrain Low Impact	Easy 45	Xtrain	Xtrain	E 10; M 30; E 10 50	Rest	Long 2 h
9	28-Mar	Xtrain Low Impact	Easy 50	Xtrain	Xtrain	Hills 50	Rest	Long 1 h 45 m
10	4-Apr	Xtrain Low Impact	Easy 45	Xtrain	Xtrain	Hills 50	Rest	Long 1 h 30 m
11	11-Apr	Xtrain Low Impact	Easy 35	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.