

# January 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
						Pretraining: Run a total of 5-8 miles this week
6	7	8	9	10	11	12
						Pretraining: Run a total of 5-8 miles this week
13	14	15	16	17	18	19
		Pre-training: Run 1 mile		Pre-Training; Run 2 miles		Pre-training: Run 4 miles
20	21	22	23	24	25	26
		2 miles		2 miles		4 miles
27	28	29	30	31		
		2 miles		2 miles		4 miles
		<b>Notes:</b>				
		This plan provides the MINIMAL amount of running needed to successfully finish a half marathon. I recommend adding another training run each week, duplicating the Tuesday or Thursday run on Wednesday. If you miss any of the listed runs, you will find yourself quickly digging yourself a hole!				

# February 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						4 miles
3	4	5	6	7	8	9
	Crosstraining	2 miles		2 miles		4-6 miles
10	11	12	13	14	15	16
	Crosstraining	4 miles		3 miles, try to find hills to run.		5 miles
17	18	19	20	21	22	23
	Crosstraining	3 miles		4 miles		6 miles
24	25	26	27	28		
	Crosstraining	4 miles		3 miles, try to find hills to run.		

**Notes:**

Remember to focus on good breathing and controlled running. Don't put a large emphasis on pace. Instead, work on running at a pace that allows you to speak a few words at a time.

# March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						7 miles
3	4	5	6	7	8	9
	Crosstraining	3 miles		5 miles		5 miles
10	11	12	13	14	15	16
	Crosstraining	4 miles		3 miles, hills if possible		8 miles
17	18	19	20	21	22	23
	Crosstraining	3 miles		5 miles		8 miles
24	25	26	27	28	29	30
	Crosstraining	3 miles		4 miles		10 miles: This is your second-longest training run!
31		<b>Notes:</b>				
		The day before long runs, you should be hydrating well and maybe eating some more carbohydrates. After your long run, you should try to get a good source of protein and replace fluids. Gatorade & other drinks are usually not needed for runs less than 2 hours, except in excessive heat.				

# April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Crosstrain	3 miles		5 miles		8 miles
7	8	9	10	11	12	13
	Crosstrain	4 miles		3 miles, hills		12 miles: longest training run!
14	15	16	17	18	19	20
	Crosstrain	4 miles		5 miles		5 miles
21	22	23	24	25	26	27
	4 miles, easy	crosstrain		2 miles, easy. Start hydrating	Pick up bib	Race Day; arrive at least 45 minutes before start.
28	29	30				
	<b>Notes</b>					
	Pick out your race day outfit. Run in it for your 12 mile run to test it out. Remember, it can be chilly on race morning, so bring a Goodwill sweatshirt to toss off at the start of the race.					