

# TRM 2024 Half Marathon Training Schedule

<u>WK #</u>	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Notes</u>
Wk 1	Sep. 24	15 min	15 min	REST	20 min	REST	20 min	
Wk 2	Oct. 1	25 min	20 min	REST	20 min	REST	20 min	
Wk 3	Oct. 8	20 min	20 min	REST	20 min	REST	2 miles	
Wk 4	Oct. 15	20 min	30 min	cross train	30 min	REST	3 Miles	
Wk 5	Oct. 22	2 miles	3 miles	cross train	2 miles	REST	5k	Halloween Run 10/28
Wk 6	Oct. 29	3 miles	4 miles	cross train	3 miles	REST	4 miles	
Wk 7	Nov. 5	3 miles	4 miles	cross train	3 miles	REST	3 miles	
Wk 8	Nov. 12	3 miles	4 miles	cross train	3 miles	REST	5 miles	
Wk 9	Nov. 19	3 miles	4 miles	cross train	4 miles	REST	4 miles	
Wk 10	Nov. 26	3 miles	4 miles	REST	3 miles	REST	6 miles	
Wk 11	Dec. 3	3 miles	5 miles	cross train	5 miles	REST	SOG (5K)	SOG 12/9
Wk 12	Dec. 10	3 miles	4 miles	cross train	4 miles	REST	6 miles	
Wk 13	Dec. 17	3 miles	3 miles	REST	4 miles	REST	4 miles	
Wk 14	Dec. 24	5 miles	4 miles	cross train	4 miles	REST	7 miles	
Wk 15	Dec. 31	3 miles	5 miles	cross train	4 miles	REST	6 miles	
Wk 16	Jan. 7	5 miles	5 miles	REST	4 miles	REST	9 miles	
Wk 17	Jan. 14	3 miles	3 miles	REST	4 miles	REST	6 miles	
Wk 18	Jan. 21	4 miles	5 miles	cross train	4 miles	REST	6 miles	
Wk 19	Jan. 28	4 miles	3 miles	REST	4 miles	REST	10 miles	
Wk 20	Feb. 4	3 miles	4 miles	cross train	5 miles	REST	6 miles	
Wk 21	Feb. 11	4 miles	5 miles	REST	4 miles	REST	11 miles	
Wk 22	Feb. 18	3 miles	4 miles	cross train	5 miles	REST	6 miles	
Wk 23	Feb. 25	4 miles	5 miles	REST	4 miles	REST	12 miles	
Wk 24	Mar. 3	3 miles	4 miles	REST	5 miles	REST	10K w/cop	March 9th 10k
Wk 25	Mar. 10	4 miles	3 miles	cross train	4 miles	REST	walk	Door Knob Day Sat.
Wk 26	Mar. 17	4 miles	3 miles	REST	REST	2 m jog	EXPO	
Race	Mar. 24						Marathon	

**March 24th Marathon Day!!! Downtown 13.1 / 26.2 Miles!!!!!!**