



1/2 MARATHON TRAINING PLAN WITH CROSS TRAINING

Key	M = miles	W/XT = with cross training	Tempo = Race Day Pace						
	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total Miles	
Week 1	1 M	Off	1M	3M	Off	2 M W/XT	Off	7 M	
Week 2	2 M	1M W/XT	Off	3M speed	1M W/XT	Off	3M	10 M	
Week 3	2M	Off	2M W/XT	3M Hills	Off	2M W/XT	4M	15 M	
Week 4	Off	3M Tempo	XT	3,1/2M Speed	2M W/XT	Off	5M	13 M	
Week 5	1M	Off	3M W/XT	4M Hills	Off	3M Tempo	Off	7 M	
Week 6	2M	Off	2M W/XT	3M speed	2M	Off	6M	15 M	
Week 7	Off	2M W/XT	3M Speed	4M	Off	2M	7M	18 M	
Week 8	Off	2M Speed	XT	5M Tempo	Off	3M	8M	18 M	
Week 9	Off	3M	XT	4M Speed	Off	6M Tempo	Off	13 M	
Week 10	3M	XT	3M Speed	Off	5M Tempo	Off	9M	20 M	
Week 11	Off	3M	5M Tempo	3M Hills	1M W/XT	2M	9M	19 M	
Week 12	Off	3M	5M Tempo	3M speed	2M W/XT	Off	10M	23 M	
Week 13	Off	3M Speed	2M W/XT	4M	1M W/XT	8M Tempo	Off	18 M	
Week 14	4M	3M Hills	XT	3M Tempo	3M W/XT	Off	11M	24 M	
Week 15	Off	5M	XT	4M Speed	3M W/XT	Off	13M	25 M	
Week 16	Off	2M	2M W/XT	6M Tempo	3M W/XT	Off	8M	21 M	
Week 17	3M	2M W/XT	3M Speed	4M	XT	6M Tempo	Off	18 M	
Week 18	5M	3M Hills	XT	6M Tempo	3M W/XT	Off	10M	27 M	
Week 19	Off	3M	XT	6M Tempo	3M	Off	7M	16 M	
Week 20		4M	Off	Off	2M	Event	Event	6 M	

For Speed training and tempo run information contact Dustin at Elite Feet Running Store. For help with weight training plans please contact MFT Sports @ (810) 667-2650 or www.mftsports.com