

2020

CALENDAR YEAR

FEBRUARY

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

Beginner Half Marathon Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	01	02 5 mile run
Rest 03	3 mile run 04	4 mile run 05	3 miles 06	Bike 10 miles 07	Walk 3 miles 08	6 mile run 09
Rest 10	3 mile run 11	4 mile run 12	3 mile run 13	Bike 10 miles 14	Walk 3 miles 15	7 mile run 16
Rest 17	3 mile run 18	4 mile run 19	4 mile run 20	Bike 10 miles 21	Walk 3 miles 22	6 mile run 23
Rest 24	4 mile run 25	4 mile run 26	4 mile run 27	Bike 10 miles 28	Walk 3 miles 29	01
02	03	04	05	06	07	08

2020

CALENDAR YEAR

MARCH

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

Beginner Half Marathon Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	29	01 7 miles
02 Rest	03 4 mile run	04 4 mile run, and Cross Fit	05 4 mile run	06 Bike 15 miles	07 Walk or Run 3 miles	08 8 mile run
09 Rest	10 4 mile run	11 4 mile run, and Cross Fit	12 4 mile run	13 15 miles bike	14 Walk or Run 3 miles	15 6 mile run
16 Rest	17 4 mile run	18 4 mile run, and Cross Fit	19 4 mile run	20 Bike 15 miles	21 Walk or Run 3 miles	22 8 mile run
23 Rest	24 4 mile run	25 4 mile run, and Cross Fit	26 4 mile run	27 Bike 15 miles	28 Walk or Run 3 miles	29 9 mile run
30 Rest	31 4 mile run	01	02	03	04	05

2020

CALENDAR YEAR

APRIL

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

Beginner Half Marathon Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	01 4 mile run, and Cross Fit	02 5 mile run	03 Bike 15 miles	04 Walk or Run 3-4 miles	05 8 mile run
06 Rest	07 4 mile run	08 4 mile run, and Cross Fit	09 5 mile run	10 Bike 15 miles	11 Walk or Run 3-4 miles	12 9 mile run
13 Rest	14 5 mile run	15 4 mile run, and Cross Fit	16 5 mile run	17 Bike 15 miles	18 Walk or Run 3-4 miles	19 10 mile run
20 Rest	21 4 mile run	22 4 mile run, and Cross Fit	23 4 mile run	24 Bike 15 miles	25 Walk or Run 3-4 miles	26 7 mile run
27 Rest	28 5 mile run	29 4 mile run, and Cross Fit	30 5 mile run	01	02	03
04	05	06	07	08	09	10

2020

CALENDAR YEAR

MAY

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

Beginner Half Marathon Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	01 Bike 15 miles	02 Walk or Run 3-4 miles	03 11 miles
04 Rest	05 4 mile run	06 4 mile run, and Cross Fit	07 4 mile run	08 Bike 15 miles	09 Walk or Run 3-4 miles	10 9 miles
11 Rest	12 4 mile run	13 4 mile run, and Cross Fit	14 4 mile run	15 Bike 15 miles	16 Walk 3 miles	17 6 miles
18 Rest	19 2 mile run	20 3 mile run	21 2 mile run	22 Rest	23 DASH Around Kampeska Half Marathon!	24
25	26	27	28	29	30	31
01	02	03	04	05	06	07