

6 WEEK 1/2 Marathon Training

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST	3 MILES	Strength Training	4 TEMPO MILES	3 EASY MILES	REST	7 MILES
2	REST	4 MILES	Strength Training	5 TEMPO MILES	3 EASY MILES	REST	8 MILES
3	REST	3 MILES	Strength Training	6 TEMPO MILES	3 EASY MILES	REST	9 MILES
4	REST	4 MILES	Strength Training	5 TEMPO MILES	3 EASY MILES	REST	10 MILES
5	REST	3 MILES	Strength Training	4 TEMPO MILES	3 EASY MILES	REST	11 MILES
6	REST	3 MILES	Strength Training	3 MILES	30 MINUTE WALK	REST	RACE DAY!