



MARATHON **HALF MARATHON** **10K** **5K**

St. Jude Heroes Half Marathon Training Plan

Date	Week(s) until race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	12	rest	4 miles	3 miles	5 miles	cross-training	3 miles	5 miles
	11	rest	4	3	5	cross-training	3	6
	10	rest	4	5	5	cross-training	6	4
	9	rest	4	5	6	cross-training	7	4
	8	rest	4	5	6	cross-training	8	5K or 10K race
	7	rest	5	6	7	cross-training	9	5
	6	rest	5	6	7	cross-training	10	4
	5	rest	5	6	7	cross-training	13	4
	4	rest	6	6	7	cross-training	15	4
	3	rest	6	7	8	cross-training	13	3
	2	rest	6	7	7	cross-training	9	3
	1	rest	5	rest	3	rest	13.1 – RACE DAY	rest

Know your plan. Be consistent. Run with a friend. Befriend your local running store. Mix it up.