

HALF MARATHON CATCH-UP PLAN

WK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN	PHASE
#		WALK	EASY	STRENGTH	WALK	REST	LONG	CROSS TRAIN	
1		2 miles	2 miles	Strength & Core	2 miles	REST	3 miles	Cross Train	DISTANCE TRAINING
2		2 miles	3 miles	Strength & Core	2 miles	REST	4 miles	Cross Train	
3		2 miles	3 miles	Strength & Core	3 miles	REST	5 miles	Cross Train	
4		3 miles	3 miles	Strength & Core	3 miles	REST	6 miles	Cross Train	
5		3 miles	4 miles	Strength & Core	3 miles	REST	7 miles	Cross Train	
6		3 miles	5 miles	Strength & Core	3 miles	REST	9 miles	Cross Train	
7		4 miles	6 miles	Strength & Core	3 miles	REST	10 miles	Cross Train	
8		4 miles	3 miles	Strength & Core	2 miles	REST	RACE WEEKEND		

DON'T GIVE UP! DON'T SKIP RUNS!

You still have time to run this race, and more importantly, to help kids who need it. Stick to this plan (don't skip runs!) and you can make it to the finish line.

Also, look for a training group in your area at teamworldvision.org/groupruns. We have lots of beginners, so don't be intimidated. It will help you get back on track.

Find more resources and tips at www.teamworldvision.org.