

2021**February****Intermediate/Advanced Half Marathon Training Plan**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
7 mile run	Rest or Walk	4 miles STRIDES and Cross Fit	4-6 mile run	4 miles HILLS and Cross Fit	Bike 15 miles	4 mile run and Cross Fit
14	15	16	17	18	19	20
9 mile run	Rest or Walk	4 miles FARTLEK and Cross Fit	4-6 mile run	4 mile TEMPO run and Cross Fit	Bike 15 miles	4 mile run and Cross Fit
21	22	23	24	25	26	27
16 mile run	Rest or Walk	4 miles STRIDES and Cross Fit	4-6 mile run	1/4 mile REPEATS-5 miles and Cross Fit	Bike 15 miles	4 mile run and Cross Fit
28	01	02	03	04	05	06
8 mile run						

2021**March****Intermediate/Advanced Half Marathon Training Plan**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	01	02	03	04	05	06
	Rest or Walk	5 miles FARTLEK and Cross Fit	4-6 mile run	5 mile TEMPO run and Cross Fit	Bike 15 miles	4 mile run and Cross Fit
07	08	09	10	11	12	13
9 mile run	Rest or Walk	4 miles STRIDES and Cross Fit	4-6 mile run	5 miles HILLS and Cross Fit	Bike 15 miles	4 mile run and Cross Fit
14	15	16	17	18	19	20
10 mile run	Rest or Walk	5 miles FARTLEK and Cross Fit	4-6 mile run	5 miles TEMPO run and Cross Fit	Bike 15 miles	4 mile run and Cross Fit
21	22	23	24	25	26	27
7 mile run	Rest or Walk	4 miles STRIDES and Cross Fit	4-6 mile run	1/2 mile REPEATS and Cross Fit	Bike 15 miles	4 mile run and Cross Fit
28	29	30	31	01	02	03
10 mile run	Rest or Walk	5 miles FARTLEK and Cross Fit	4-6 mile run			

2021**April****Intermediate/Advanced Half Marathon Training Plan**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
				5 mile TEMPO and Cross Fit	Bike 15 mles	4 mile run and Cross Fit
04	05	06	07	08	09	10
11 mile run	Rest or Walk	4 miles STRIDES and Cross Fit	4-6 mile run	5 miles HILLS and Cross Fit	Bike 15 mles	4 mile run and Cross Fit
11	12	13	14	15	16	17
8 mile run	Rest or Walk	5 miles FARTLEK and Cross Fit	4-6 mile run	5 mile TEMPO and Cross Fit	Bike 15 mles	4 mile run and Cross Fit
18	19	20	21	22	23	24
9 mile run	Rest or Walk	4 miles STRIDES and Cross Fit	4-6 mile run	3/4 REPEATS, 5 miles and Cross Fit	Bike 15 mles	4 mile run and Cross Fit
25	26	27	28	29	30	01
11 mile run	Rest or Walk	5 miles FARTLEK and Cross Fit	4-6 mile run	5 miles TEMPO and Cross Fit	Bike 15 mles	

2021

May

Intermediate/Advanced Half Marathon Training Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	01
						4 mile run and Cross Fit
02	03	04	05	06	07	08
10 mile run	Rest or Walk	4 miles STRIDES and Cross Fit	4-6 mile run	5 miles HILLS and Cross Fit	Bike 15 miles	4 mile run and Cross Fit
09	10	11	12	13	14	15
11 mile run	Rest or Walk	5 miles FARTLEK and Cross Fit	4-6 mile run	5 miles TEMPO and Cross Fit	Bike 15 miles	4 mile run and Cross Fit
16	17	18	19	20	21	22
10 mile run	Rest or Walk	3 miles STRIDES and Cross Fit	4-6 mile run	4 mile run and Cross Fit	Bike 15 miles	4 mile run
23	24	25	26	27	28	29
8 mile run	Rest or Walk	3 mile run	4 mile run	3 mile run	Rest	DASH Around Kameska Half Marathon!