



YOU-CAN-RUN the Reggae Half Marathon Training Program For Beginners

Week	Week of	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total mls
20	Jul 15 - Jul 21	cross-train	2 mls	rest	2 mls	2 easy	3 mls	rest	9
19	Jul 22 - Jul 28	cross-train	2 mls	rest	2 mls	2 easy	3 mls	rest	9
18	Jul 29- Aug 4	cross-train	2 mls	rest	2 mls	2 easy	4 mls	rest	10
17	Aug 5 - Aug 11	cross-train	3 mls.	rest	3 mls.	2 easy	4 mls	rest	12
16	Aug 12 - Aug 18	cross-train	3 mls.	rest	3 mls.	2 easy	5 mls.	rest	13
15	Aug 19- Aug 25	cross-train	3 mls	rest	3 mls.	2 easy	6 mls.	rest	14
14	Aug 26 - Sept 1	cross-train	3 mls/H	rest	3 mls.	2 easy	7 mls.	rest	15
13	Sept 2 - Sept 8	cross-train	3 mls/H	rest	3 mls.	2 easy	8 mls.	rest	16
12	Sept 9 - Sept 15	cross-train	3 mls/H	rest	4 mls.	3 easy	6 mls.	rest	16
11	Sept 16 - Sept 22	cross-train	3 mls/H	rest	4 mls.	3 easy	9 mls	rest	19
10	Sept 23 - Sep 29	cross-train	3 mls/H	rest	4 mls.	3 easy	6 mls.	rest	16
9	Sep 30 - Oct 6	cross-train	3 mls/H	rest	4 mls.	3 easy	10 mls.	rest	20
8	Oct 7 - Oct 13	cross-train	4 mls/S	rest	4 mls.	3 easy	6 mls.	rest	17
7	Oct 14- Oct 20	cross-train	4 mls/S	rest	5 mls.	3 easy	11 mls.	rest	23
6	Oct 21- Oct 27	cross-train	4 mls/S	rest	5 mls.	3 easy	6 mls.	rest	18
5	Oct 28 - Nov 3	cross-train	4 mls/S	rest	5 mls.	2 easy	12 mls.	rest	23
4	Nov 4 - Nov 10	cross-train	4 mls/S	rest	5 mls.	3 easy	6 mls.	rest	18
3	Nov 11- Nov 17	cross-train	4 mls/S	rest	5 mls.	2 easy	13 mls.	rest	24
2	Nov 18 - Nov 24	cross-train	3 easy	rest	3 easy	rest	6 mls.	rest	12
1	Nov 25 - Dec 1	2 easy	rest	2 easy	rest	4 easy	Half Marathon	rest	

This training program is provided as a guideline and should be used with discretion based upon your current physical health & condition. Please see accompanying notes.