

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

Week	Week of	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total mls
	Jul 15 -								
20	Jul 21	cross-train	2 mls	rest	2 mls	2 easy	3 mls	rest	9
	Jul 22 -								
19	Jul 28	cross-train	2 mls	rest	2 mls	2 easy	3 mls	rest	9
	Jul 29-								
18	Aug 4	cross-train	2 mls	rest	2 mls	2 easy	4 mls	rest	10
4-	Aug 5 -	4	0		0	0	41		40
17	Aug 11	cross-train	3 mls.	rest	3 mls.	2 easy	4 mls	rest	12
16	Aug 12 - Aug 18	cross-train	3 mls.	roct	3 mls.	2 0004	5 mls.	roct	13
16	Aug 19-	CIOSS-Halli	3 11115.	rest	Jillis.	2 easy	o illis.	rest	13
15	Aug 19- Aug 25	cross-train	3 mls	rest	3 mls.	2 easy	6 mls.	rest	14
	Aug 26 -	0.000	0 11110	1001	0 111101	2 oasy	0 11110.	1001	
14	Sept 1	cross-train	3 mls/H	rest	3 mls.	2 easy	7 mls.	rest	15
	Sept 2 -								
13	Sept 8	cross-train	3 mls/H	rest	3 mls.	2 easy	8 mls.	rest	16
	Sept 9 -								
12	Sept 15	cross-train	3 mls/H	rest	4 mls.	3 easy	6 mls.	rest	16
	Sept 16 -								
11	Sept 22	cross-train	3 mls/H	rest	4 mls.	3 easy	9 mls	rest	19
10	Sept 23 - Sep 29	orogo train	3 mls/H	root	4 mla	2 0001	6 mla	root	16
10	Sep 29	cross-train	S IIIIS/FI	rest	4 mls.	3 easy	6 mls.	rest	10
9	Oct 6	cross-train	3 mls/H	rest	4 mls.	3 easy	10 mls.	rest	20
	Oct 7 -	0.000	0 11110/11	1001	1 11110.	o oddy	10 111101	1001	
8	Oct 13	cross-train	4 mls/S	rest	4 mls.	3 easy	6 mls.	rest	17
	Oct 14-								
7	Oct 20	cross-train	4 mls/S	rest	5 mls.	3 easy	11 mls.	rest	23
	Oct 21-								
6	Oct 27	cross-train	4 mls/S	rest	5 mls.	3 easy	6 mls.	rest	18
	Oct 28 -								
5	Nov 3	cross-train	4 mls/S	rest	5 mls.	2 easy	12 mls.	rest	23
١.,	Nov 4 -	4	4   /0	4	F	0	0	4	40
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
ا ا	Nov 17	GO33-Halli	7 11113/0	1691	o iilio.	2 Gasy	TO IIIIS.	1691	24
2	Nov 16 -	cross-train	3 easy	rest	3 easy	rest	6 mls.	rest	12
	Nov 25 -						Half		
1	Dec 1	2 easy	rest	2 easy	rest	4 easy	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.