Capital City Half Marathon Beginner Training Schedule
January 2012

Check with your physician before starting this or any training plan.
This schedule is for runners, walkers, and run-walkers who are currently running/walking/or run-walking 2 miles 3x per week as of 1/8/12.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6	7
8 20 mins active recovery (run, walk, or X-train)	9 25 minutes easy	10	11 25 minutes easy	12 25 minutes easy	13	14 2 miles easy
15 20 mins active recovery (run, walk, or X-train)	16 30 minutes easy	17	18 25 minutes easy	19 25 minutes easy	20	21 3 miles easy
22 20 mins active recovery (run, walk or, X-train)	23 30 minutes easy	24	25 25 minutes easy	26 25 minutes easy	27	28 4 miles easy
29 OFF	30 35 minutes easy	31				

Easy running means you should be able to talk in short sentences while running, if not slow down!
Active recovery can be anything aerobic (running, walking, swimming, cycling, elliptical, etc). If running on active recovery day, make sure the pace is VERY relaxed. The active recovery workout should not add to your fatigue level, if it does, either slow down or take the day off.
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Capital City Half Marathon Beginner Training Schedule
February 2012

Check with your physician before starting this or any training plan.
This schedule is for runners, walkers, and run-walkers who are currently running/walking/or run-walking 2 miles 3x per week as of 1/8/12.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 30 minutes easy	2 30 minutes easy	3	4 5 miles easy
5 25 mins active recovery (run, walk, or X-train)	6 30 minutes easy	7	8 30 minutes easy	9 30 minutes easy	10	11 4 miles easy
12 25 mins active recovery (run, walk, or X-train)	13 35 minutes easy	14 Valentine's Day	15 30 minutes easy	16 30 minutes easy	17	18 5 miles easy
19 30 mins active recovery (run, walk, or X-train)	20 40 minutes easy Presidents' Day	21	22 35 minutes easy	23 30 minutes easy	24	25 6 miles easy
26 30 mins active recovery (run, walk, or X-train)	27 45 minutes easy	28	29 35 minutes easy			

Easy running means you should be able to talk in short sentences while running, if not slow down!
Active recovery can be anything aerobic (running, walking, swimming, cycling, elliptical, etc). If running on active recovery day, make sure the pace is VERY relaxed. The active recovery workout should not add to your fatigue level, if it does, either slow down or take the day off.

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Capital City Half Marathon Beginner Training Schedule
March 2012

Check with your physician before starting this or any training plan.
This schedule is for runners, walkers, and run-walkers who are currently running/walking/or run-walking 2 miles 3x per week as of 1/8/12.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 30 minutes easy	2	3 7 miles easy
4 20 mins active recovery (run, walk, or X-train)	5 45 minutes easy	6	7 40 minutes easy	8 30 minutes easy	9	10 8 miles easy
11 20 mins active recovery (run, walk, or X-train)	12 35 minutes easy	13	14 35 minutes easy	15 30 minutes easy	16	17 6 miles easy
18 25 mins active recovery (run, walk, or X-train)	19 50 minutes easy	20	21 35 minutes easy	22 30 minutes easy	23	24 9 miles easy
25 Cross train or off	26 50 minutes easy	27	28 45 minutes easy	29 35 minutes easy	30	31 6 miles easy

Easy running means you should be able to talk in short sentences while running, if not slow down!
Active recovery can be anything aerobic (running, walking, swimming, cycling, elliptical, etc). If running on active recovery day, make sure the pace is VERY relaxed. The active recovery workout should not add to your fatigue level, if it does, either slow down or take the day off.
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Capital City Half Marathon Beginner Training Schedule
April 2012

Check with your physician before starting this or any training plan.
This schedule is for runners, walkers, and run-walkers who are currently running/walking/or run-walking 2 miles 3x per week as of 1/8/12.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 30 mins active recovery (run, walk, or X-train)	2 55 minutes easy	3	4 30 minutes easy	5 35 minutes easy	6	7 10 miles easy
8 Off or cross train Easter Sunday	9 55 minutes easy	10	11 45 minutes easy	12 35 minutes easy	13	14 6 miles easy
15 30 mins active recovery (run, walk, or X-train)	16 60 minutes easy	17	18 30 minutes easy	19 35 minutes easy	20	21 11 miles easy
22 OFF	23 50 minutes easy	24	25 45 minutes easy	26 35 minutes easy	27	28 6 miles easy
29 30 mins active recovery (run, walk, or X-train)	30 40 minutes easy					

Easy running means you should be able to talk in short sentences while running, if not slow down!
Active recovery can be anything aerobic (running, walking, swimming, cycling, elliptical, etc). If running on active recovery day, make sure the pace is VERY relaxed. The active recovery workout should not add to your fatigue level, if it does, either slow down or take the day off.
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Capital City Half Marathon Beginner Training Schedule
May 2012

Check with your physician before starting this or any training plan.
This schedule is for runners, walkers, and run-walkers who are currently running/walking/or run-walking 2 miles 3x per week as of 1/8/12.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 30 minutes easy	3 OFF	4 OFF	5 RACE DAY!!
6	7	8	9	10	11	12
13 Mother's Day	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Memorial Day	29	30	31		

Easy running means you should be able to talk in short sentences while running, if not slow down!
Active recovery can be anything aerobic (running, walking, swimming, cycling, elliptical, etc). If running on active recovery day, make sure the pace is VERY relaxed. The active recovery workout should not add to your fatigue level, if it does, either slow down or take the day off.

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