



13 Weeks to 13 Miles!

Set a goal to run Orlando's hometown half! The OUC Orlando Half Marathon will be held Saturday December 1 in downtown Orlando. Featuring a great course, finisher medal and post event fun. Set your goal to run Orlando's hometown half! If you can run 3 miles you can run 13.1! **Enter today at OrlandoHalfMarathon.com**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Off	3 mi	Rest	3 mi	Rest	3 mi	Rest
WEEK 2	Cross Train	3 mi	Rest	3 mi	Rest	3.5 mi <i>Battle of the Bands 5k</i>	Rest
WEEK 3	Cross Train	3 mi	Rest	3 mi	Rest	4 mi	Rest
WEEK 4	Cross Train	3.5 mi	Rest	3.5 mi	Rest	5 mi <i>Run NONA 5k</i>	Rest
WEEK 5	Cross Train	3.5 mi	Rest	3.5 mi	Rest	6 mi	Rest
WEEK 6	Cross Train	3 mi	Cross Train	3 mi	Rest	Rest	Rest
WEEK 7	Cross Train	4 mi	Cross Train	4 mi	Rest	7 mi	Rest
WEEK 8	Cross Train	4 mi	Cross Train	4 mi	Rest	8 mi	Rest
WEEK 9	Cross Train	4.5 mi	Cross Train	4.5 mi	Rest	9 mi	Rest <i>U Can Finish 2mi & 5 Mi</i>
WEEK 10	Cross Train	4.5 mi	Cross Train	4.5 mi	Rest	10 mi	Rest
WEEK 11	Cross Train	5 mi	Cross Train	5 mi	Rest	12 mi	Rest
WEEK 12	Cross Train	3 mi	Rest	3 mi <i>Turkey Trot 5k</i>	Rest	6 mi	Rest
WEEK 13	Cross Train	3 mi	Rest	3 mi	Rest	OUC Orlando Half	Rest

Tips from Susan Paul, MS, Training Program Director, Track Shack Fitness. Before beginning any exercise program, visit your doctor for a complete physical. All training runs should be done at a conversational pace. Cross Training - Optional but highly recommended. Cross training includes swimming, cycling, spinning, rowing, strength training or walking. Sessions are 45-60 minutes at easy to moderate intensity level. Run to TrackShack.com for more great information on reaching your goals.