

13 Weeks to 13 Miles!



If you can run three miles you can run 13.1 miles!

	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	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	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	<i>UCF 5 Miler & 2 Mile</i>
WEEK 9	Cross Train	4.5 mi	Cross Train	4.5 mi	Rest	9 mi	Rest
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	<i>OUC Orlando Half!</i>	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.

Wearing the right shoe for your foot is key to training for an endurance event like a half marathon!

Donate your gently used running or walking shoes at Track Shack and receive a free foot and gait analysis as well as great shoe options by our expert fitters. *Track Shack has donated over 10,000 shoes here and abroad to people of all ages who are impoverished or devastated by natural disasters.*



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