

OFFICIAL TRAINING GUIDE

SPONSORED BY



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	4 mi	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	Rest	6 mi	Rest
WEEK 13	Cross Train	3 mi	Rest	3 mi	Rest	<i>OUC Orlando Half!</i>	Rest

MINDFULNESS TIP:

STEP OUTSIDE AND EXPLORE NATURE

Spending time in nature allows you to connect with the present moment. Step outside, breathe deeply and listen to the sounds around you. Notice how the earth feels beneath your feet and how the fresh air feels on your skin.



13 WEEKS TO 13 MILES!

To register, run to OrlandoHalfMarathon.com.



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