

OFFICIAL TRAINING GUIDE



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 <i>Battle of the Bands 5k</i>	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	<i>UCF 5 Mi & 2 Mi</i>
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
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



Keeping Central Florida Fit
1104 N. Mills Avenue
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13 WEEKS TO 13 MILES!

To register, run to OrlandoHalfMarathon.com.