

# OUC ORLANDO HALF MARATHON OFFICIAL TRAINING GUIDE

Before beginning any exercise program, visit your doctor for a complete physical.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>		3 mile	Rest	3 mile	Rest	3 mile	Rest
<b>WEEK 2</b>	Cross-train	3 mile	Rest	3 mile	Rest	3.5 mile	Rest
<b>WEEK 3</b>	Cross-train	3 mile	Rest	3 mile	Rest	<i>Battle of the Bands 5K</i>	Rest
<b>WEEK 4</b>	Cross-train	3.5 mile	Rest	3.5 mile	Rest	5 mile	Rest
<b>WEEK 5</b>	Cross-train	3.5 mile	Rest	3.5 mile	Rest	Rest	<i>UCF 5 Mile &amp; 2 Mile</i>
<b>WEEK 6</b>	Cross-train	3 mile	Cross-train	3 mile	Rest	6 mile	Rest
<b>WEEK 7</b>	Cross-train	4 mile	Cross-train	4 mile	Rest	7 mile	Rest
<b>WEEK 8</b>	Cross-train	4 mile	Cross-train	4 mile	Rest	8 mile	Rest
<b>WEEK 9</b>	Cross-train	4.5 mile	Cross-train	4.5 mile	Rest	9 mile	Rest
<b>WEEK 10</b>	Cross-train	4.5 mile	Cross-train	4.5 mile	Rest	10 mile	Rest
<b>WEEK 11</b>	Cross-train	5 mile	Cross-train	5 mile	Rest	12 mile	Rest
<b>WEEK 12</b>	Cross-train	3 mile	Rest	<i>Turkey Trot 5K</i>	Rest	6 mile	Rest
<b>WEEK 13</b>	Cross-train	3 mile	Rest	3 mile	Rest	<b><i>OUC Orlando Half!</i></b>	Rest

## 13 WEEKS TO 13 MILES!

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



Get fit for new training shoes at Track Shack!

