

***POWERED BY HOPE***  
**FULL & 1/2 MARATHON TRAINING PLAN**  
**RUNNERS**

<b>Week</b>	<b>Dates</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday HALF</b>	<b>Saturday FULL</b>
1	Jan 8 - 14	OFF	30 min run	OFF	30 min run	easy walk	OFF	3 miles	4 miles
2	Jan 15 - 21	OFF	30 min run	OFF	30 min run	easy walk	OFF	4 miles	14 miles
3	Jan 22 - 28	OFF	30 min run	OFF	30 min run	easy walk	OFF	5 miles	6 miles
4	Jan 29 - Feb 4	OFF	30 min run	OFF	30 min run	easy walk	OFF	6.5 miles	17 miles
5	Feb 5 - 11	OFF	30 min run	OFF	30 min run	easy walk	OFF	3 miles	6 miles
6	Feb 12 - 18	OFF	30 min run	OFF	30 min run	easy walk	OFF	8 miles	6-7 miles
7	Feb 19 - 25	OFF	30 min run	OFF	30 min run	easy walk	OFF	3 miles	20 miles
8	Feb 26 - Mar 3	OFF	30 min run	OFF	30 min run	easy walk	OFF	10 miles	6 miles
9	Mar 4 - 10	OFF	30 min run	OFF	30 min run	easy walk	OFF	4 miles	7 miles
10	Mar 11 - 17	OFF	30 min run	OFF	30 min run	easy walk	OFF	11 miles	23 miles
11	Mar 18 - 24	OFF	30 min run	OFF	30 min run	easy walk	OFF	4-5 miles	6-7 miles
12	Mar 25 - 31	OFF	30 min run	OFF	30 min run	easy walk	OFF	12 miles	6-7 miles
13	Apr 1 - 7	OFF	30 min run	OFF	30 min run	easy walk	OFF	5 miles	23-26 miles
14	Apr 8 - 14	OFF	30 min run	OFF	30 min run	easy walk	OFF	14 miles	6 miles
15	Apr 15 - 21	OFF	30 min run	OFF	30 min run	easy walk	OFF	5 miles	6-7 miles
16	Apr 22 - 28	OFF	30 min run	OFF	30 min run	easy walk	OFF	1/2 Marathon	Marathon