



MISSISSIPPI
GULF COAST MARATHON

December 10-11, 2016

LOUISIANA
MARATHON

January 13-15, 2017



12 Week Half Marathon Training Plan

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3 m run	2 m run or cross	3 m run	Rest	30 min cross	4 m run
2	Rest	3 m run	2 m run or cross	3 m run	Rest	30 min cross	4 m run
3	Rest	3.5 m run	2 m run or cross	3.5 m run	Rest	40 min cross	5 m run
4	Rest	3.5 m run	2 m run or cross	3.5 m run	Rest	40 min cross	5 m run
5	Rest	4 m run	2 m run or cross	4 m run	Rest	40 min cross	6 m run
6	Rest	4 m run	2 m run or cross	4 m run	Rest or easy run	Rest	5-K Race
7	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	7 m run
8	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	8 m run
9	Rest	5 m run	3 m run or cross	5 m run	Rest or easy run	Rest	10-K Race
10	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	9 m run
11	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	10 m run
12	Rest	4 m run	3 m run or cross	2 m run	Rest	Rest	Half Marathon

Training Notes