



# NORTHSHORE

## HALF MARATHON & 10 MILER

## 9 Week Half Marathon Training Plan

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
8/25	Rest	3.5 m run	2 m run or cross	3.5 m run	Rest	40 min cross	5 mile run
9/1	Rest	4 m run	2 m run or cross	4 m run	Rest	40 min cross	6 mile run
9/8	Rest	4 m run	2 m run or cross	4 m run	Rest or easy run	Rest	5-K Race
9/15	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	7 mile run
9/22	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	8 mile run
9/29	Rest	5 m run	3 m run or cross	5 m run	Rest or easy run	Rest	10-K Race
10/6	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	9 mile run
10/13	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	10 mile run
10/20	Rest	4 m run	3 m run or cross	2 m run	Rest	Rest	13.1 Race

October 27, 2019



# NORTHSHORE

## HALF MARATHON & 10 MILER

## 9 Week 10 Mile Training Plan

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
8/25	Stretch & strengthen	3 m run	30 min cross	2 mi run + strength	Rest	3 mi run	30 min cross
9/1	Stretch & strengthen	3 m run	35 min cross	2 mi run + strength	Rest	4 mi run	30 min cross
9/8	Stretch & strengthen	2 m run	35 min cross	2 mi run + strength	Rest	2 mi run	40 min cross
9/15	Stretch & strengthen	4 m run	40 min cross	3 mi run + strength	Rest	5 mi run	40 min cross
9/22	Stretch & strengthen	4 m run	40 min cross	3 mi run + strength	Rest	6 mi run	50 min cross
9/29	Stretch & strengthen	3 m run	45 min cross	3 mi run + strength	Rest	4 mi run	50 min cross
10/6	Stretch & strengthen	5 m run	45 min cross	3 mi run + strength	Rest	7 mi run	60 min cross
10/13	Stretch & strengthen	5 m run	45 min cross	3 mi run + strength	Rest	8 mi run	60 min cross
10/20	Stretch & strengthen	3 m run	30 min cross	2 mi run + strength	Rest	Rest	10 Mile Race

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