



Disney Wine and Dine Half Marathon 2015

16 Week Training Schedule - Beginner

(Goal: Have fun and finish!)



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|-------------|--------|---------|-----------|-------------|--------------------------|--------------------------|
| Week 1: July 19 - July 15 | Cross-Train | 1 | 2 | REST | Cross-Train | REST | 2 |
| Week 2: July 26 - Aug 1 | Cross-Train | 1 | 2 | REST | Cross-Train | REST | 3 |
| Week 3: Aug 2- Aug 8 | Cross-Train | 2 | 2 | REST | Cross-Train | REST | 4 |
| Week 4: Aug 9 - Aug 15 | Cross-Train | 2 | 2 | REST | Cross-Train | REST | 5 |
| Week 5: Aug 16 - Aug 22 | Cross-Train | 2 | 3 | REST | 2 | REST | 6 |
| Week 6: Aug 23 - Aug 29 | Cross-Train | 2 | 4 | REST | Cross-Train | REST | 6 |
| Week 7: Aug 30 - Sep5 | Cross-Train | 3 | 4 | REST | 3 | REST | 7 |
| Week 8: Sep 6 - Sep 12 | Cross-Train | 3 | 4 | REST | 5 | REST | 8 |
| Week 9: Sep 13 - Sep 19 | Cross-Train | 4 | 5 | REST | 4 | REST | 9 |
| Week 10: Sep 20 - Sep26 | Cross-Train | 4 | 5 | REST | 4 | REST | 10 |
| Week 11: Sep 27 - Oct 3 | Cross-Train | 4 | 5 | REST | Cross-Train | REST | 10 |
| Week 12: Oct 4 - Oct 10 | Cross-Train | 5 | 4 | REST | 5 | REST | 11 |
| Week 13: Oct 11 - Oct 17 | Cross-Train | 5 | 6 | REST | 4 | REST | 12 |
| Week 14: Oct 18 - Oct 24 | Cross-Train | 4 | 5 | REST | Cross-Train | REST | 12 (or 13) |
| Week 15: Oct 25 - Oct 31 | Cross-Train | 4 | 3 | REST | 4 | REST | 8 |
| Week 16: RACE WEEK! | Cross-Train | 4 | 5 | REST | 2 | <i><u>RACE EXPO!</u></i> | <i><u>RACE DAY!!</u></i> |

www.runsintutus.com