

Kurtis Sports Management

Half Marathon - First Timer Training Program

By Doug Kurtis

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	TOTAL
1	5	3	Rest	2	2	Rest	4 walk	16
2	6	3	Rest	2	2	Rest	4 walk	17
3	7	3	Rest	3	3	Rest	2 walk	18
4	7	3	Rest	3	3	Rest	3 walk	18
5	8	3	Rest	3	4	Rest	3 walk	21
6	8	3	Rest	3	4	Rest	4 walk	22
7	9	3	Rest	3	5	Rest	3 walk	23
8	5-8km Race	3	Rest	3	6	Rest	3 walk	20
9	9	3	Rest	4	6	Rest	3 walk	25
10	9	4	Rest	4	6	Rest	3 walk	26
11	9	4	Rest	4	6	Rest	3 walk	26
12	8-10km Race	4	Rest	4	8	Rest	3 walk	25
13	10	5	Rest	4	8	Rest	4 walk	29
14	10	5	Rest	5	8	Rest	4 walk	29
15	10	5	Rest	5	8	Rest	4 walk	29
16	8-15km Race	5	Rest	5	9	Rest	3 walk	31
17	12	5	Rest	4	7	Rest	4 walk	32
18	12	4	Rest	4	6	Rest	3 walk	29
19	10	3	Rest	3	5	Rest	2 walk	23
20	4	2	Rest	2	2	Rest	Rest	10
21	13.1 Mile Race	Rest	2 walk	2 walk	3	Rest	3	17
22	Rest	2	2 walk	2	3	Rest	3	12

Total 436

Race Includes warm up and warm down