

Training Plan: Level 1

Level 1 is designed for runners looking to complete their first half marathon and/or marathon that are currently running between 5 and 20 miles/week.



| Week | Week Start Date | Week End Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|-----------------|---------------|--------|----------------|----------------------------------|----------------|----------------------------|--|----------------|
| 1 | January 24 | January 30 | Rest | 2-3 miles easy | Rest or cross-train | 2-3 miles easy | Rest or cross-train | 3-4 miles easy | 3 miles easy |
| 2 | January 31 | February 6 | Rest | 3 miles easy | Rest or cross-train | 3 miles easy | Rest or cross-train | 5-7 miles easy | 3 miles easy |
| 3 | February 7 | February 13 | Rest | 4 miles easy | Rest or cross-train | 3 miles easy | Rest or cross-train | HM: 6 miles easy w/ option for 2-4 moderate miles after warm-up MAR: 8 miles easy w/ option for 2-4 moderate miles after warm-up | 3 miles easy |
| 4 | February 14 | February 20 | Rest | 3-4 miles easy | Rest | 2-3 miles easy | Rest or cross-train | 3-6 miles easy | 3-4 miles easy |
| 5 | February 21 | February 27 | Rest | 2-3 miles easy | cross-train | 2-3 miles easy | Rest or cross-train | HM: 8 miles easy w/ option for 3-4 moderate miles after warm-up MAR: 10 miles easy w/ option for 3-4 moderate miles after warm-up | 3 miles easy |
| 6 | February 28 | March 6 | Rest | 4 miles easy | cross-train | 4 miles easy | Rest or cross-train | HM: 4-6 miles easy MAR: 12 miles easy | 3 miles easy |
| 7 | March 7 | March 13 | Rest | 3-5 miles easy | Rest or cross-train | 3-4 miles easy | 20-30 minute brisk walk | Electric City 5 Miler - Race! + 1 mile warm- up/1 mile cool-down | Rest |
| 8 | March 14 | March 20 | Rest | 4 miles easy | cross-train | 3-4 miles easy | Rest or cross-train | HM: 6-8 miles easy MAR: 14 miles easy | 2-4 miles easy |
| 9 | March 21 | March 27 | Rest | 3-5 miles easy | rest | 3-5 miles easy | Rest or cross-train | 10 miles easy w/ option for 4-6 at half marathon effort (HM) in the middle on a net downhill | 3-4 miles easy |
| 10 | March 28 | April 3 | Rest | 3-5 miles easy | 3-5 miles easy or cross-train | 3-5 miles easy | Rest or cross-train | HM: 6-8 miles easy MAR: 16 miles easy | cross-train |
| 11 | April 4 | April 10 | Rest | 3-4 miles easy | 4-5 miles easy | 3-4 miles easy | Rest or cross-train | HM: 6-7 miles easy to start getting slightly faster throughout and finishing w/ last 2 miles at HM effort MAR: 10 miles easy w/ option for 4-6 @HM effort in the middle | 3-4 miles easy |

Training Plan: Level 1

Level 1 is designed for runners looking to complete their first half marathon and/or marathon that are currently running between 5 and 20 miles/week.



| Week | Week Start Date | Week End Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|-----------------|---------------|--------|----------------|-------------------------------|----------------|------------------------------|---|--------------------------------------|
| 12 | April 11 | April 17 | Rest | 4 miles easy | Rest or cross-train | 2-4 miles easy | 20-30 minute brisk walk | Helderberg to Hudson Half Marathon + 2 mile warm-up/1 mile cool-down | Rest |
| 13 | April 18 | April 24 | Rest | 2-3 miles easy | rest | 2-3 miles easy | Rest or cross-train | 8 miles easy | 2-4 miles easy |
| 14 | April 25 | May 1 | Rest | 3-5 miles easy | 3-5 miles easy or cross-train | 3-5 miles easy | Rest or cross-train | 12 w/ option for 6-8 at marathon effort (M) in the middle | 3-4 miles easy |
| 15 | May 2 | May 8 | Rest | 4 miles easy | 3-4 miles easy or cross-train | 3-4 miles easy | Rest or cross-train | 18-20 miles easy | 2-4 miles easy, rest, or cross-train |
| 16 | May 9 | May 15 | Rest | 2-4 miles easy | Rest or cross-train | 3-4 miles easy | Rest or cross-train | 10-12 miles easy w/ option for 8 at M effort in the middle | 2-4 miles easy, rest, or cross-train |
| 17 | May 16 | May 22 | Rest | 3-4 miles easy | Rest or cross-train | 3-4 miles easy | Rest or cross-train | 8 miles easy w/ option 4 miles at M effort after warm-up | 3-4 miles easy |
| Race Week! | May 23 | May 29 | Rest | 2-4 miles easy | rest | 2-4 miles easy | Light cross-training or rest | 20-30 minute brisk walk | Miles on the Mohawk Marathon! |