

DETROIT FREE PRESS MARATHON



2020 Half Marathon Training Plan

*Run 2/Walk 1 = Run for 2 minutes, walk for 1 minute, repeat

| | WK | DATES | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------------|----|----------------|--------------|--------------|-----------------|--------------|------|---------------|----------|
| Regular Training | 1 | JUN 1-7 | 3 Miles Easy | 3 Miles Easy | Strength & Core | 3 Miles Hard | Rest | 4 Miles Long | Rest |
| | 2 | JUN 8-14 | 3 Miles Easy | 3 Miles Easy | Strength & Core | 4 Miles Hard | Rest | 5 Miles Long | Rest |
| | 3 | JUN 15-21 | 3 Miles Easy | 3 Miles Easy | Strength & Core | 3 Miles Hard | Rest | 5 Miles Long | Rest |
| | 4 | JUN 22-28 | 3 Miles Easy | 3 Miles Easy | Strength & Core | 3 Miles Hard | Rest | 6 Miles Long | Rest |
| | 5 | JUN 29-JUL 5 | 3 Miles Easy | 4 Miles Easy | Strength & Core | 3 Miles Hard | Rest | 7 Miles Long | Rest |
| | 6 | JUL 6-12 | 3 Miles Easy | 4 Miles Easy | Strength & Core | 3 Miles Hard | Rest | 6 Miles Long | Rest |
| | 7 | JUL 13-19 | 3 Miles Easy | 4 Miles Easy | Strength & Core | 3 Miles Hard | Rest | 7 Miles Long | Rest |
| | 8 | JUL 20-26 | 3 Miles Easy | 5 Miles Easy | Strength & Core | 4 Miles Easy | Rest | 9 Miles Long | Rest |
| | 9 | JUL 27-AUG 2 | 3 Miles Easy | 5 Miles Easy | Strength & Core | 4 Miles Hard | Rest | 6 Miles Long | Rest |
| | 10 | AUG 3-9 | 3 Miles Easy | 5 Miles Easy | Strength & Core | 4 Miles Hard | Rest | 7 Miles Long | Rest |
| | 11 | AUG 10-16 | 4 Miles Easy | 5 Miles Easy | Strength & Core | 4 Miles Hard | Rest | 8 Miles Long | Rest |
| | 12 | AUG 17-23 | 4 Miles Easy | 5 Miles Easy | Strength & Core | 4 Miles Hard | Rest | 10 Miles Long | Rest |
| | 13 | AUG 24-30 | 4 Miles Easy | 5 Miles Easy | Strength & Core | 4 Miles Hard | Rest | 10 Miles Long | Rest |
| | 14 | AUG 31-SEP 6 | 4 Miles Easy | 5 Miles Easy | Strength & Core | 4 Miles Hard | Rest | 8 Miles Long | Rest |
| | 15 | SEP 7-13 | 4 Miles Easy | 5 Miles Easy | Strength & Core | 5 Miles Hard | Rest | 11 Miles Long | Rest |
| | 16 | SEP 14-20 | 4 Miles Easy | 5 Miles Easy | Strength & Core | 5 Miles Hard | Rest | 6 Miles Long | Rest |
| | 17 | SEP 21-27 | 4 Miles Easy | 6 Miles Easy | Strength & Core | 5 Miles Hard | Rest | 12 Miles Long | Rest |
| | 18 | SEP 28 - OCT 4 | 4 Miles Easy | 5 Miles Easy | Strength & Core | 4 Miles Hard | Rest | 8 Miles Long | Rest |
| | 19 | OCT 5-11 | 4 Miles Easy | 4 Miles Easy | Strength & Core | 3 Miles Hard | Rest | 6 Miles Long | Rest |
| | 20 | OCT 12-18 | 3 Miles Easy | 3 Miles Easy | Strength & Core | 2 Miles Hard | Rest | Rest | RACE DAY |