



Beginner 13.1 Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 5/17/2021	2 miles	Rest	3 miles or cross train	2 miles	Rest	30 minute cross train	4 miles
Week 2 5/24/2021	2 miles	Rest	3 miles race pace	2 miles	Rest	30 minute cross train	5 miles
Week 3 5/31/2021	2.5 miles	Rest	3 miles or cross train	2.5 miles	Rest	30 minute cross train	5 miles
Week 4 6/7/2021	2.5 miles	Rest	3 miles race pace	2.5 miles	Rest	35 minute cross train	6 miles
Week 5 6/14/2021	3 miles	Rest	4 miles or cross train	3 miles	Rest	35 minute cross train	6 miles
Week 6 6/21/2021	3 miles	Rest	4 miles race pace	3 miles	Rest	40 minute cross train	7 miles
Week 7 6/28/2021	3.5 miles	Rest	4 miles or cross train	3.5 miles	Rest	40 minute cross train	8 miles
Week 8 7/5/2021	3.5 miles	Rest	4 miles race pace	3.5 miles	Rest	45 minute cross train	8 miles
Week 9 7/12/2021	4 miles	Rest	4 miles or cross train	4 miles	Rest	45 minute cross train	9 miles
Week 10 7/19/2021	4 miles	Rest	4 miles race pace	4 miles	Rest	50 minute cross train	9 miles
Week 11 7/26/2021	4.5 miles	Rest	5 miles or cross train	4.5 miles	Rest	50 minute cross train	10 miles
Week 12 8/2/2021	4.5 miles	Rest	5 miles race pace	4.5 miles	Rest	55 minute cross train	10 miles
Week 13 8/9/2021	5 miles	Rest	5 miles or cross train	5 miles	Rest	55 minute cross train	11 miles
Week 14 8/16/2021	5 miles	Rest	5 miles race pace	5 miles	Rest	60 minute cross train	11 miles
Week 15 8/23/2021	5 miles	Rest	5 miles or cross train	5 miles	Rest	60 minute cross train	12 miles
Week 16 8/30/2021	5 miles	Rest	5 miles race pace	5 miles	Rest	60 minute cross train	14 miles
Week 17 9/6/2021	4 miles	Rest	5 miles or cross train	4 miles	Rest	60 minute cross train	12 miles
Week 18 9/13/2021	4 miles	Rest	2 miles	Rest or 3 easy miles	Rest	AFM 13.1 Race Day	

*Cross training can be or a combination of bicycling, elliptical, strength training, swimming etc.