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 |
| $\begin{aligned} & \text { Week } 3 \\ & 5 / 31 / 2021 \end{aligned}$ | 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 |
| $\begin{aligned} & \text { Week 5 } \\ & 6 / 14 / 2021 \end{aligned}$ | 3 miles | Rest | 4 miles or cross train | 3 miles | Rest | 35 minute cross train | 6 miles |
| $\begin{aligned} & \text { Week } 6 \\ & \text { 6/21/2021 } \end{aligned}$ | 3 miles | Rest | 4 miles race pace | 3 miles | Rest | 40 minute cross train | 7 miles |
| $\begin{aligned} & \text { Week } 7 \\ & \text { 6/28/2021 } \end{aligned}$ | 3.5 miles | Rest | 4 miles or cross train | 3.5 miles | Rest | 40 minute cross train | 8 miles |
| $\begin{aligned} & \text { Week } 8 \\ & 7 / 5 / 2021 \end{aligned}$ | 3.5 miles | Rest | 4 miles race pace | 3.5 miles | Rest | 45 minute cross train | 8 miles |
| $\begin{aligned} & \text { Week } 9 \\ & 7 / 12 / 2021 \end{aligned}$ | 4 miles | Rest | 4 miles or cross train | 4 miles | Rest | 45 minute cross train | 9 miles |
| $\begin{aligned} & \hline \text { Week } 10 \\ & 7 / 19 / 2021 \\ & \hline \end{aligned}$ | 4 miles | Rest | 4 miles race pace | 4 miles | Rest | 50 minute cross train | 9 miles |
| $\begin{aligned} & \text { Week } 11 \\ & 7 / 26 / 2021 \end{aligned}$ | 4.5 miles | Rest | 5 miles or cross train | 4.5 miles | Rest | 50 minute cross train | 10 miles |
| $\begin{aligned} & \text { Week } 12 \\ & 8 / 2 / 2021 \end{aligned}$ | 4.5 miles | Rest | 5 miles race pace | 4.5 miles | Rest | 55 minute cross train | 10 miles |
| $\begin{aligned} & \text { Week } 13 \\ & 8 / 9 / 2021 \end{aligned}$ | 5 miles | Rest | 5 miles or cross train | 5 miles | Rest | 55 minute cross train | 11 miles |
| $\begin{aligned} & \text { Week } 14 \\ & 8 / 16 / 2021 \end{aligned}$ | 5 miles | Rest | 5 miles race pace | 5 miles | Rest | 60 minute cross train | 11 miles |
| $\begin{aligned} & \text { Week } 15 \\ & 8 / 23 / 2021 \end{aligned}$ | 5 miles | Rest | 5 miles or cross train | 5 miles | Rest | 60 minute cross train | 12 miles |
| $\begin{aligned} & \hline \text { Week } 16 \\ & 8 / 30 / 2021 \end{aligned}$ | 5 miles | Rest | 5 miles race pace | 5 miles | Rest | 60 minute cross train | 14 miles |
| $\begin{aligned} & \text { Week } 17 \\ & 9 / 6 / 2021 \end{aligned}$ | 4 miles | Rest | 5 miles or cross train | 4 miles | Rest | 60 minute cross train | 12 miles |
| $\begin{aligned} & \text { Week } 18 \\ & 9 / 13 / 2021 \end{aligned}$ | 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.

