



## BEGINNER 13.1 TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 5/16/2022	2 miles	Rest	3 miles or cross train	2 miles	Rest	30 minute cross train	4 miles
Week 2 5/23/2022	2 miles	Rest	3 miles race pace	2 miles	Rest	30 minute cross train	5 miles
Week 3 5/30/2022	2.5 miles	Rest	3 miles or cross train	2.5 miles	Rest	30 minute cross train	5 miles
Week 4 6/6/2022	2.5 miles	Rest	3 miles race pace	2.5 miles	Rest	35 minute cross train	6 miles
Week 5 6/13/2022	3 miles	Rest	4 miles or cross train	3 miles	Rest	35 minute cross train	6 miles
Week 6 6/20/2022	3 miles	Rest	4 miles race pace	3 miles	Rest	40 minute cross train	7 miles
Week 7 6/27/2022	3.5 miles	Rest	4 miles or cross train	3.5 miles	Rest	40 minute cross train	8 miles
Week 8 7/4/2022	3.5 miles	Rest	4 miles race pace	3.5 miles	Rest	45 minute cross train	8 miles
Week 9 7/11/2022	4 miles	Rest	4 miles or cross train	4 miles	Rest	45 minute cross train	9 miles
Week 10 7/18/2022	4 miles	Rest	4 miles race pace	4 miles	Rest	50 minute cross train	9 miles
Week 11 7/25/2022	4.5 miles	Rest	5 miles or cross train	4.5 miles	Rest	50 minute cross train	10 miles
Week 12 8/1/2022	4.5 miles	Rest	5 miles race pace	4.5 miles	Rest	55 minute cross train	10 miles
Week 13 8/8/2022	5 miles	Rest	5 miles or cross train	5 miles	Rest	55 minute cross train	11 miles
Week 14 8/15/2022	5 miles	Rest	5 miles race pace	5 miles	Rest	60 minute cross train	11 miles
Week 15 8/22/2022	5 miles	Rest	5 miles or cross train	5 miles	Rest	60 minute cross train	12 miles
Week 16 8/29/2022	5 miles	Rest	5 miles race pace	5 miles	Rest	60 minute cross train	13 miles
Week 17 9/5/2022	4 miles	Rest	5 miles or cross train	4 miles	Rest	60 minute cross train	9 miles
Week 18 9/12/2022	4 miles	Rest	2 miles	Rest or 3 easy miles	Rest	AFM 13.1 Race Day	