



BEGINNER 13.1 TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 5/15/2023	2 miles	Rest	3 miles or cross train	2 miles	Rest	30 minute cross train	4 miles
Week 2 5/22/2023	2 miles	Rest	3 miles race pace	2 miles	Rest	30 minute cross train	5 miles
Week 3 5/29/2023	2.5 miles	Rest	3 miles or cross train	2.5 miles	Rest	30 minute cross train	5 miles
Week 4 6/7/2023	2.5 miles	Rest	3 miles race pace	2.5 miles	Rest	35 minute cross train	6 miles
Week 5 6/12/2023	3 miles	Rest	4 miles or cross train	3 miles	Rest	35 minute cross train	6 miles
Week 6 6/19/2023	3 miles	Rest	4 miles race pace	3 miles	Rest	40 minute cross train	7 miles
Week 7 6/26/2023	3.5 miles	Rest	4 miles or cross train	3.5 miles	Rest	40 minute cross train	8 miles
Week 8 7/3/2023	3.5 miles	Rest	4 miles race pace	3.5 miles	Rest	45 minute cross train	8 miles
Week 9 7/10/2023	4 miles	Rest	4 miles or cross train	4 miles	Rest	45 minute cross train	9 miles
Week 10 7/17/2023	4 miles	Rest	4 miles race pace	4 miles	Rest	50 minute cross train	9 miles
Week 11 7/24/2023	4.5 miles	Rest	5 miles or cross train	4.5 miles	Rest	50 minute cross train	10 miles
Week 12 7/31/2023	4.5 miles	Rest	5 miles race pace	4.5 miles	Rest	55 minute cross train	10 miles
Week 13 8/7/2023	5 miles	Rest	5 miles or cross train	5 miles	Rest	55 minute cross train	11 miles
Week 14 8/14/2023	5 miles	Rest	5 miles race pace	5 miles	Rest	60 minute cross train	11 miles
Week 15 8/21/2023	5 miles	Rest	5 miles or cross train	5 miles	Rest	60 minute cross train	12 miles
Week 16 8/28/2023	5 miles	Rest	5 miles race pace	5 miles	Rest	60 minute cross train	13 miles
Week 17 9/4/2023	4 miles	Rest	5 miles or cross train	4 miles	Rest	60 minute cross train	9 miles
Week 18 9/11/2023	4 miles	Rest	2 miles	Rest or 3 easy miles	Rest	AFM 13.1 Race Day	