

Love Run Training Program: Half Marathon - Created by CoreFitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest <input type="checkbox"/>	Run 2 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Run 3 Miles <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross Train <input type="checkbox"/>	Long Run 4 Miles <input type="checkbox"/>
Week 2	Rest <input type="checkbox"/>	Run 2 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Run 3 Miles <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross Train <input type="checkbox"/>	Long Run 5 Miles <input type="checkbox"/>
Week 3	Rest <input type="checkbox"/>	Run 3 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Run 4 Miles <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross Train <input type="checkbox"/>	Long Run 5 <input type="checkbox"/>
Week 4	Rest Day or Yoga <input type="checkbox"/>	Run 2 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Run 5 Miles <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross Train <input type="checkbox"/>	Long Run 6 <input type="checkbox"/>
Week 5	Rest Day or Yoga <input type="checkbox"/>	Run 3 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Run 4 Miles <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross Train <input type="checkbox"/>	Long Run 7 Miles <input type="checkbox"/>
Week 6	Rest Day or Yoga <input type="checkbox"/>	Run 3 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Run 5 Miles <input type="checkbox"/>	Rest <input type="checkbox"/>	Cross Train <input type="checkbox"/>	Long Run 8 Miles <input type="checkbox"/>
Week 7	Rest Day or Yoga <input type="checkbox"/>	Run 2 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Run 3 Miles <input type="checkbox"/>	Rest or Run 2 Miles <input type="checkbox"/>	Cross Train <input type="checkbox"/>	Long Run 9 Miles <input type="checkbox"/>
Week 8	Rest Day or Yoga <input type="checkbox"/>	Run 3 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Run 3 Miles <input type="checkbox"/>	Rest or Run 2 Miles <input type="checkbox"/>	Cross Train <input type="checkbox"/>	Long Run 5 Miles <input type="checkbox"/>
Week 9	Rest Day or Yoga <input type="checkbox"/>	Run 3 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Run 5 Miles <input type="checkbox"/>	Rest or Run 2 Miles <input type="checkbox"/>	Cross Train <input type="checkbox"/>	Long Run 10 Miles <input type="checkbox"/>
Week 10	Rest Day or Yoga <input type="checkbox"/>	Run 3 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Run 5 Miles <input type="checkbox"/>	Rest or Run 2 Miles <input type="checkbox"/>	Cross Train <input type="checkbox"/>	Long Run 11 Miles <input type="checkbox"/>
Week 11	Rest Day or Yoga <input type="checkbox"/>	Run 4 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Run 3 Miles <input type="checkbox"/>	Rest or Run 2 Miles <input type="checkbox"/>	Cross Train <input type="checkbox"/>	Long Run 12 Miles <input type="checkbox"/>
Week 12	Rest <input type="checkbox"/>	Run 2 Miles <input type="checkbox"/>	Core Strength or Yoga <input type="checkbox"/>	Easy 5 Mile Run <input type="checkbox"/>	Rest or Easy Workout <input type="checkbox"/>	Rest or Easy Workout <input type="checkbox"/>	RACE DAY!! <input type="checkbox"/>

Monday: rest or gentle stretch/yoga

Tuesday: easy pace, comfortable run

Wednesday: core strengthening (pilates, barre, gym or home workout, power yoga)

Thursday: faster paced run, incorporate hills or sprints

Friday: rest or easy run

Saturday: cross training/full body workout (HIIT, TRX, Spin, Boot Camp)

Sunday: long run



This is a flexible training plan that can be adjusted to match your schedule. Trade days and switch workouts as needed. Need more guidance? Contact us at gina@core-fit.com to schedule a session with a run coach.

***PHILLY RUNS FREE SPECIAL OFFERS (valid through March 29th 2020)**

Special Perks for runners who are registered for the Love Run *and* participating in Philly Runs Free:

[CoreFitness](#) 2 free Boot Camp classes // \$30 off 10 class card (cross training) //10% off Run Coaching sessions

[LRK Nutrition:](#) 15% off initial one-on-one session

[Phila Massages](#) 15% off regular rate sessions or memberships

[Yoga Habit:](#) 20% off 10 class package

More info on Philly Runs Free at www.PhillyRunsFree.com

*consult your physician before starting any physical fitness program