



RRR
Rockland Road Runners
www.rocklandroadrunners.org

Half Marathon Training Program

The Half Marathon is a friendly distance. Beginners, who have gotten their introduction to road running in a 5-K or 10-K, can look to the half as the next step upward.

Enjoy our free **LEVEL 1 Novice Half Marahon Training Program:**

Training program provided by www.hudsonvalleyrunning.com

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Strength	3 m run	2 m run	3 m run	Rest	30 min. cross	4 m run
2	Strength	3 m run	2 m run	3 m run	Rest	30 min. cross	4 m run
3	Strength	3.5 m run	2 m run	3.5 m run	Rest	40 min. cross	5 m run
4	Strength	3.5 m run	2 m run	3.5 m run	Rest	40 min. cross	5 m run
5	Strength	4 m run	2 m run	4 m run	Rest	40 min. cross	6 m run
6	Strength	4 m run	2m run	4 m run	Rest	Rest	5K Race
7	Strength	4.5 m run	3 m run	4.5 m run	Rest	50 min. cross	7 m run
8	Strength	4.5 m run	3m run	4.4 m run	Rest	50 min. cross	8 m run
9	Strength	5 m run	3 m run	5 m run	Rest	Rest	10K race
10	Strength	5 m run	3 m run	5 m run	Rest	60 min. cross	9 m run
11	Strength	5 m run	3 m run	5 m run	Rest	60 min. cross	10 m run
12	Strength	4 m run	3 m run	2 m run	Rest	Rest	Half Marathon

Join the run.