



Together We Run: 13.1 distance

****** This training plan can be used for any 13.1 race. To begin, insert your race day and work the calendar backwards to create your training start date. This plan is created to help individuals have success while building time in physical activity and assumes the athlete has successfully completed 5k or 10k distances and enjoys this exercise. The gradual progression is intentional to build confidence and participation in a gentle way. Ideal for entry level runners/walkers who are new to this distance. ******

Week count	Date	Training Run 1	Training Run 2 - medium run	Training Run 3 - or cross train	Long Run
1		2 miles	2.5	30 minutes	3.0 miles
2		2.5	3.0	40	3.5 miles
3		3.0	3.0	45	4 miles
4		3.0	3.0	50	4 miles
5		3.0	3.5	50	5 miles
6		3.0	3.5	55	5 miles
7		3.0	3.5	55	6 miles
8		3.0	3.5	60	7 miles
9		3.5	4.0	60	6 miles
10		3.5	4.0	65	8 miles
11		3.5	4.5	65	9 miles
12		3.5	4.5	70	10 miles
13		4.0	5.0	70	11 miles
14		4.0	5.0	75	8 miles
15		4.0	5.0	75	11miles
16		4.0	4.0	75	12 miles
17		3.5	4.0	60	13 miles
18		3.0	3.0	60	10 miles
19		3.0	3.0	45	8 miles
20		3.0	rest	rest	13.1 RACE

Example: If you are looking for a late November race, you begin training after the 4th of July.

If you have any questions or need assistance. Please reach out to tbuck@brenau.edu.

Happy running and walking!

Tammy Buck, PT, DPT, PCS

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