

Half Marathon 11 Week

TRAINING PROGRAM

WEEK 1

SUN	MON	TUE	WED	THURS	FRI	SAT
PAUSE	RUN • 3 Miles	STRENGTH Training	RECOVERY • Stretch • Massage • Yoga • Walk • Swim	RUN • 4 Miles	WALK • 25 Minutes	RUN • 6 Miles

WEEK 2

SUN	MON	TUE	WED	THURS	FRI	SAT
PAUSE	RUN • 3 Miles	STRENGTH Training	RECOVERY • Stretch • Massage • Yoga • Walk • Swim	RUN • 4 Miles	WALK • 25 Minutes	RUN • 7 Miles

WEEK 3

SUN	MON	TUE	WED	THURS	FRI	SAT
PAUSE	RUN • 3 Miles	STRENGTH Training	RECOVERY • Stretch • Massage • Yoga • Walk • Swim	RUN • 4 Miles	WALK • 25 Minutes	RUN • 8 Miles

WEEK 4

SUN	MON	TUE	WED	THURS	FRI	SAT
PAUSE	RUN • 4 Miles	STRENGTH Training	RECOVERY • Stretch • Massage • Yoga • Walk • Swim	RUN • 5 Miles	WALK • 25 Minutes	RUN • 8-9 Miles

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WEEK 5

SUN	MON	TUE	WED	THURS	FRI	SAT
PAUSE	RUN • 4 Miles	STRENGTH Training	RECOVERY • Stretch • Massage • Yoga • Walk • Swim	RUN • 5-6 Miles	WALK • 25 Minutes	RUN • 9 Miles

WEEK 6

SUN	MON	TUE	WED	THURS	FRI	SAT
PAUSE	RUN • 4 Miles	STRENGTH Training	RECOVERY • Stretch • Massage • Yoga • Walk • Swim	RUN • 5-6 Miles	WALK • 25 Minutes	RUN • 10 Miles

WEEK 7

SUN	MON	TUE	WED	THURS	FRI	SAT
PAUSE	RUN • 4 Miles	STRENGTH Training	RECOVERY • Stretch • Massage • Yoga • Walk • Swim	RUN • 5-6 Miles	WALK • 25 Minutes	RUN • 11 Miles

WEEK 8

SUN	MON	TUE	WED	THURS	FRI	SAT
PAUSE	RUN • 3 Miles	STRENGTH Training	RECOVERY • Stretch • Massage • Yoga • Walk • Swim	RUN • 5 Miles	WALK • 25 Minutes	RUN • 12 Miles

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WEEK 9

SUN	MON	TUE	WED	THURS	FRI	SAT
PAUSE	RUN • 3 Miles	STRENGTH Training	RECOVERY • Stretch • Massage • Yoga • Walk • Swim	RUN • 5 Miles	WALK • 25 Minutes	RUN • 13 Miles

WEEK 10

SUN	MON	TUE	WED	THURS	FRI	SAT
PAUSE	RUN • 3 Miles	STRENGTH Training	RECOVERY • Stretch • Massage • Yoga • Walk • Swim	RUN • 4 Miles	WALK • 25 Minutes	RUN Last Long Run

WEEK 11

SUN	MON	TUE	WED	THURS	FRI	SAT
PAUSE	RUN Light Recovery Run (Tempo)	Activation Mobility	RECOVERY • Stretch • Massage • Yoga • Walk • Swim	REST	RACE DAY!	REST & REJOICE

Bermuda Half Marathon

DERBY



ARGUS
Our Interest is You.

2023



