

12 Weeks to Your First Trail Half

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	2-3 miles easy	3-4 miles easy	2-3 miles easy	Rest	5-7 miles easy, on trails if you can	2-3 miles easy
Rest	2-3 miles easy	3-4 miles easy	1-2 miles recovery (as slow as you can without walking)	Rest/Cross train	6-8 miles easy, on trails if you can	2-3 miles easy
Rest	2-3 miles easy	3-5 miles easy	2-3 miles recovery	Rest/Cross train	8-10 miles easy (practice race day fueling!)	2-4 miles easy
Rest	2-3 miles easy	3-4 miles easy	2-3 miles easy	Rest	5-7 miles easy on trails	2-3 miles easy
Rest	2-3 miles easy	3-4 miles easy + 4x20 sec hill strides (think light and quick!)	2 miles recovery	Rest/Cross train	6-8 miles easy on trails	2-3 miles easy + 4x20 sec hill strides
Rest	2-3 miles easy	3-4 miles easy + 6x20 sec hill strides	1-2 miles recovery	Rest/Cross train	8-10 miles easy, an effort you could hold for hours!	2-3 miles easy + 4x20 sec hill strides
Rest	2-3 miles easy	3-5 miles easy + 4x20 sec hill strides	2-3 miles recovery	Rest/Cross train	8-10 miles easy	2-4 miles easy + 4x20 sec hill strides

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	2-3 miles easy	3-4 miles easy + 4x20 sec hill strides	2-3 miles recovery	Rest	6-8 miles easy, an effort you could hold all day!	2-3 miles easy
Rest	2 miles easy	2 miles easy + 4x20 sec fast/2 min. easy, 1-2 miles easy	1-2 miles recovery	Rest/Cross train	8-10 miles easy, practice fueling!	2-3 miles easy + 4x20 sec hill strides
Rest	2-3 miles easy	2 miles easy + 6x20 sec fast/2 min. easy, 1-2 miles easy	1-2 miles recovery	Rest/Cross train	10-12 miles easy, big focus on fueling!	2-3 miles easy + 4x20 sec hill strides
Rest	2-3 miles easy	2 miles easy + 4x20 sec fast/2 min. easy, 1-2 miles easy	1-2 miles recovery	Rest/Cross train	8-10 miles easy	2-3 miles easy
REST: Race week!	2-3 miles easy	1-2 miles easy: keep it chill!	Rest	20 min EASY. Staying loose before race day!	RACE!!	Rest, recovery, eat your favorite foods!