

RUN A KID TO CAMP

Half Marathon Training Schedule

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Start Training! REST	2 Just move your body 1 mile!	3 1 mile	4 1 mile	5 1 mile	6 REST	7 1 mile
8 walk/cross	9 REST	10 2 miles	11 1 miles	12 1 mile	13 REST	14 2 miles
15 walk/cross	16 REST	17 2 miles	18 1 mile	19 2 miles	20 REST	21 2 miles
22 walk/cross	23 REST	24 2 miles	25 2 miles	26 2 miles	27 REST	28 2 miles
29 walk/cross	30 REST	31 2 miles				

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November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 3 miles	2 2 miles	3 REST	4 3 miles
5 walk/cross	6 REST	7 2 miles	8 3 miles	9 2 miles	10 REST	11 3 miles
12 walk/cross	13 REST	14 3 miles	15 2 miles	16 3 miles	17 REST	18 4 miles
19 walk/cross	20 REST	21 3 miles	22 2 miles	23 3 miles	24 REST	25 4 miles
26 walk/cross	27 REST	28 3 miles	29 2 miles	30 3 miles		

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December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 REST	2 5 miles
3 walk/cross	4 REST	5 3 miles	6 3 miles	7 3 miles	8 REST	9 5 miles
10 walk/cross	11 REST	12 4 miles	13 3 miles	14 3 miles	15 REST	16 6 miles
17 walk/cross	18 REST	19 3 miles	20 4 miles	21 3 miles	22 REST	23 8 miles
24 walk/cross	25 REST	26 4 miles	27 3 miles	28 4 miles	29 REST	30 9 miles

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January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 REST	2 3 miles	3 4 miles	4 3 miles	5 REST	6 10 miles
7 walk/cross	8 REST	9 3 miles	10 5 miles	11 3 miles	12 REST	13 11 miles
14 walk/cross	15 REST	16 3 miles	17 5 miles	18 3 miles	19 REST	20 12 miles
21 walk/cross	22 REST	23 3 miles	24 4 miles	25 3 miles	26 REST	27 8 miles
28 walk/cross	29 REST	30 4 miles	31 3 miles			

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February and March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 4 miles	2 REST	3 10 miles
4 walk/cross	5 REST	6 2 miles	7 3 miles	8 2 miles	9 REST	10 8 miles
11 walk/cross	12 REST	13 4 miles	14 4 miles	15 4 miles	16 REST	17 11 miles
18 walk/cross	19 REST	20 3 miles	21 4 miles	22 3 miles	23 REST	24 6 miles
25 walk/cross	26 REST	27 3 miles	28 2 miles	29 3 miles	1 REST	2 RACE DAY!