

FOF

FIXED ON FITNESS

FOF Half Marathon Training Program - BEGINNER
The Safe House Project Half Marathon: November 2nd, 2019

WEEK	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	7/15 - 7/21	STRENGTH #1 / WALK	Run 1 Minute + Walk 2 Minutes x 7 (21 Minutes)	STRENGTH #2 / WALK	Run 1 Minute + Walk 2 Minutes x 7 (21 Minutes)	Rest or Recovery	2 Mile Run	Rest or Recovery
2	7/22 - 7/28	STRENGTH #3 / WALK	Run 1 Minute + Walk 1 Minute x 10 (20 Minutes)	STRENGTH #4 / WALK	Run 1 Minute + Walk 1 Minute x 10 (20 Minutes)	Rest or Recovery	2 Mile Run	Rest or Recovery
3	7/29 - 8/4	STRENGTH #1 / WALK	Run 1 Minute + Walk 30 Seconds x 20 (30 Minutes)	STRENGTH #2 / WALK	Run 2 Minutes + Walk 1 Minute x 10 (30 Minutes)	Rest or Recovery	3 Mile Run	Rest or Recovery
4	8/5 - 8/11	STRENGTH #3 / WALK	Run 2 Minutes + Walk 1 Minute x 10 (30 Minutes)	STRENGTH #4 / WALK	Run 2 Minutes + Walk 30 Seconds x 12 (30 Minutes)	Rest or Recovery	4 Mile Run	Rest or Recovery
5	8/12 - 8/18	STRENGTH #1 / WALK	2 Mile Run	STRENGTH #2 / WALK	2 Mile Run	Rest or Recovery	3 Mile Run	Rest or Recovery
6	8/19 - 8/25	STRENGTH #3 / WALK	Run 3 Minutes + Walk 1 Minute x 8 (32 Minutes)	STRENGTH #4 / WALK	Run 3 Minutes + Walk 1 Minute x 8 (32 Minutes)	Rest or Recovery	5 Mile Run	Rest or Recovery
7	8/26 - 9/1	STRENGTH #1 / WALK	3 Mile Run	STRENGTH #2 / WALK	3 Mile Run	Rest or Recovery	3 Mile Run	Rest or Recovery
8	9/2 - 9/8	STRENGTH #3 / WALK	Run 3 Minutes + Walk 2 Minutes x 8 (40 Minutes)	STRENGTH #4 / WALK	Run 3 Minutes + Walk 2 Minute x 8 (40 Minutes)	Rest or Recovery	7 Mile Run	Rest or Recovery
9	9/9 - 9/15	STRENGTH #1 / WALK	Run 4 Minutes + Walk 1 Minute x 8 (40 Minutes)	STRENGTH #2 / WALK	Run 4 Minutes + Walk 1 Minute x 8 (40 Minutes)	Rest or Recovery	8 Mile Run	Rest or Recovery
10	9/16 - 9/22	STRENGTH #3 / WALK	3 Mile Run	STRENGTH #4 / WALK	3 Mile Run	Rest or Recovery	5 Mile Run	Rest or Recovery
11	9/23 - 9/29	STRENGTH #1 / WALK	Run 4 Minutes + Walk 1 Minute x 10 (50 Minutes)	STRENGTH #2 / WALK	Run 4 Minutes + Walk 1 Minute x 10 (50 Minutes)	Rest or Recovery	9 Mile Run	Rest or Recovery
12	9/30 - 10/6	STRENGTH #3 / WALK	Run 4 Minutes + Walk 1 Minute x 10 (50 Minutes)	STRENGTH #4 / WALK	Run 4 Minutes + Walk 1 Minute x 10 (50 Minutes)	Rest or Recovery	10 Mile Run	Rest or Recovery
13	10/7 - 10/13	STRENGTH #1 / WALK	4 Mile Run	STRENGTH #2 / WALK	4 Mile Run	Rest or Recovery	6 Mile Run	Rest or Recovery
14	10/14 - 10/20	STRENGTH #3 / WALK	Run 4 Minutes + Walk 1 Minute x 12 (60 Minutes)	STRENGTH #4 / WALK	Run 4 Minutes + Walk 1 Minute x 12 (60 Minutes)	Rest or Recovery	11 Mile Run	Rest or Recovery
15	10/21 - 10/27	STRENGTH #1 / WALK	Run 4 Minutes + Walk 1 Minute x 10 (50 Minutes)	STRENGTH #2 / WALK	Run 4 Minutes + Walk 1 Minute x 14 (80 Minutes)	Rest or Recovery	7 Mile Run	Rest or Recovery
16	10/28 - 11/3	STRENGTH #3 / WALK	3 Mile Run	STRENGTH #4 / WALK	Recovery	Rest	RACE 13.1	Rest or Recovery

Recovery ideas: restorative yoga (Down Dog app), 20 minute stretch routine, mobility workout, walk, tissue therapy