

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

WEEK	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	7/29 - 8/4	FOF	FOF	FOF or Recovery	3 Mile Run	2 Mile Run	3 Mile Run	Rest or Recovery
2	8/5 - 8/11	FOF	FOF	FOF or Recovery	FOF	FOF or Recovery	4 Mile Run	Rest or Recovery
3	8/12 - 8/18	FOF	FOF	FOF or Recovery	FOF	FOF or Recovery	4 Mile Run	Rest or Recovery
4	8/19 - 8/25	FOF	FOF	FOF or Recovery	FOF	FOF or Recovery	5 Mile Run	Rest or Recovery
5	8/26 - 9/1	FOF	FOF	FOF or Recovery	FOF	FOF or Recovery	3 Mile Run	Rest or Recovery
6	9/2 - 9/8	LABOR DAY	FOF	FOF or Recovery	FOF	FOF or Recovery	7 Mile Run	Rest or Recovery
7	9/9 - 9/15	FOF	FOF	FOF or Recovery	FOF	FOF or Recovery	8 Mile Run	Rest or Recovery
8	9/16 - 9/22	FOF	FOF	FOF or Recovery	FOF	FOF or Recovery	5 Mile Run	Rest or Recovery
9	9/23 - 9/29	FOF	FOF	FOF or Recovery	FOF	FOF or Recovery	9 Mile Run	Rest or Recovery
10	9/30 - 10/6	FOF	FOF	FOF or Recovery	FOF	FOF or Recovery	10 Mile Run	Rest or Recovery
11	10/7 - 10/13	FOF	FOF	FOF or Recovery	FOF	FOF or Recovery	6 Mile Run	Rest or Recovery
12	10/14 - 10/20	FOF	FOF	FOF or Recovery	FOF	FOF or Recovery	11 Mile Run	Rest or Recovery
13	10/21 - 10/27	FOF	FOF	FOF or Recovery	FOF	FOF or Recovery	7 Mile Run	Rest or Recovery
14	10/28 - 11/3	FOF	FOF	FOF or Recovery	FOF - Light	Rest	RACE 13.1	Rest or Recovery

*If you are starting with a good base (already running 4+ miles), you do not need to pick up on the weekend runs until Week 4 of the training plan.

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