

10-Week 1/2 Marathon Training

SUN	MON	TUE	WED	THU	FRI	SAT
1 YOGA	2	XT	2.5	XT	REST	3
2 YOGA	2	XT	2.5	XT	REST	4
3 YOGA	3	XT	3.5	XT	REST	6
4 YOGA	3	XT	3.5	XT	REST	7
5 YOGA	4	XT	4.5	XT	REST	8
6 YOGA	4	XT	4.5	XT	REST	10
7 YOGA	5	XT	5.5	XT	REST	11
8 YOGA	5	XT	5.5	XT	REST	12
9 YOGA	6	XT	6.5	XT	REST	6
10 YOGA	4	XT	2	REST	REST	13.1