

YOLO's 16 and 18 Week Half Marathon Training Plans

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
May								
	1	2	3	4	5	6	7	
Week 1	8 2 Miles	9 2 Miles	10 Off	11 2 Miles	12 Off	13 2 Miles	14 Off	
Week 2	15 3 Miles	16 2 Miles	17 Off	18 2 Miles	19 Off	20 3 Miles	21 Off	
Week 3	22 4 Miles	23 3 Miles (S)	24 Off	25 3 Miles	26 Off	27 4 Miles	28 Off	
Week 4	29 5 Miles	30 3 Miles (S)	31 Off					
June								
Week 5				1 3 Miles	2 Off	3 5 Miles	4 Off	
Week 6	5 5 Miles	6 4 Miles (S)	7 Off	8 4 Miles	9 Off	10 Off	11 Poultry Days SK	
Week 7	12 6 Miles	13 4 Miles (S)	14 Off	15 4 Miles	16 Off	17 5 Miles	18 Off	
Week 8	19 6 Miles	20 4 Miles (S)	21 Off	22 4 Miles	23 Off	24 6 Miles	25 Off	
Week 9	Recovery	26 3 Miles	27 Off	28 Off	29 3 Miles	30 Off		
July								
						1 3 Miles	2 Off	
Week 10	3 7 Miles	4 5 Miles (S)	5 Off	6 5 Miles	7 Off	8 6 Miles	9 Off	
Week 11	10 8 Miles	11 5 Miles (S)	12 Off	13 5 Miles	14 Off	15 6 Miles	16 Off	
Week 12	17 8 Miles	18 5 Miles (S)	19 Off	20 6 Miles	21 Off	22 6 Miles	23 Off	
Week 13	24 10 Miles	25 6 Miles (S)	26 Off	27 6 Miles	28 Off	29 6 Miles	30 Off	
Week 14	31 11 Miles							
August								
			1 6 Miles (S)	2 Off	3 6 Miles	4 Off	5 6 Miles	6 Off
Week 15	7 12 Miles	8 6 Miles (S)	9 Off	10 7 Miles	11 Off	12 6 Miles	13 Off	
Week 16	14 10 Miles	15 5 Miles (S)	16 Off	17 7 Miles	18 Off	19 5 Miles	20 Off	
Week 17	21 8 Miles	22 4 Miles	23 Off	24 5 Miles	25 Off	26 5 Miles	27 Off	
Week 18	28 Off	29 3 Miles	30 Off	31 2 Miles				
September								
					1	2 2 Miles	3 Off	
	4 YOLO Half	5	6	7	8	9	10	

16 Week Half Marathon Plan

18 Week Half Marathon Plan

Sunday's are long runs.
 Monday's are speed work (S). Take your pick on which one to do. 400 Speed Laps, Intervals, Stairs. This is were your stamina will start to build up.
 Wednesday's and Friday's normal runs.

Note: GET GOOD SHOES!!!