

# TRAINING PLAN

## ST. LUKE'S 5K & VIA HALF MARATHON



### FEBRUARY

1	Friday	<input type="checkbox"/>
2	Saturday	<input type="checkbox"/>
<b>3</b>	<b>Sunday</b>	<input type="checkbox"/>
4	Monday	<input type="checkbox"/>
5	Tuesday	<input type="checkbox"/>
6	Wednesday	<input type="checkbox"/>
7	Thursday	<input type="checkbox"/>
8	Friday	<input type="checkbox"/>
9	Saturday	<input type="checkbox"/>
<b>10</b>	<b>Sunday</b>	<input type="checkbox"/>
11	Monday	<input type="checkbox"/>
12	Tuesday	<input type="checkbox"/>
13	Wednesday	<input type="checkbox"/>
14	Thursday	<input type="checkbox"/>
15	Friday	<input type="checkbox"/>
16	Saturday	<input type="checkbox"/>
<b>17</b>	<b>Sunday</b>	<input type="checkbox"/>
18	Monday	<input type="checkbox"/>
19	Tuesday	<input type="checkbox"/>
20	Wednesday	<input type="checkbox"/>
21	Thursday	<input type="checkbox"/>
22	Friday	<input type="checkbox"/>
23	Saturday	<input type="checkbox"/>
<b>24</b>	<b>Sunday</b>	<input type="checkbox"/>
25	Monday	Strength Train 20:00 Walk/Bike 10:00 - 5:00 <input type="checkbox"/>
26	Tuesday	Jog/Walk 20:00 10 Interv :30 Jog 1:30 Walk <input type="checkbox"/>
27	Wednesday	Rest <input type="checkbox"/>
28	Thursday	Strength Train 20:00 Walk/Bike 10:00 - 15:00 <input type="checkbox"/>

### MARCH

1	Friday	Jog/Walk 20:00 10 Interv :30 Jog 1:30 Walk <input type="checkbox"/>
2	Saturday	Rest <input type="checkbox"/>
<b>3</b>	<b>Sunday</b>	<b>1 Mile Walk/Jog At Your Pace</b> <input type="checkbox"/>
4	Monday	Strength Train 20:00 Walk/Bike 10:00 - 15:00 <input type="checkbox"/>
5	Tuesday	Jog/Walk 22:00 11 Interv :30 Jog 1:30 Walk <input type="checkbox"/>
6	Wednesday	Rest <input type="checkbox"/>
7	Thursday	Strength Train 20:00 Walk/Bike 10:00 - 15:00 <input type="checkbox"/>
8	Friday	Jog/Walk 22:00 11 Interv :30 Jog 1:30 Walk <input type="checkbox"/>
9	Saturday	Rest <input type="checkbox"/>
<b>10</b>	<b>Sunday</b>	<b>1.5 Mile Walk/Jog At Your Pace</b> <input type="checkbox"/>
11	Monday	Strength Train 20:00 Walk/Bike 15:00 - 20:00 <input type="checkbox"/>
12	Tuesday	Jog/Walk 24:00 12 Interv :45 Jog 1:15 Walk <input type="checkbox"/>
13	Wednesday	Rest <input type="checkbox"/>
14	Thursday	Strength Train 20:00 Walk/Bike 10:00 - 15:00 <input type="checkbox"/>
15	Friday	Jog/Walk 24:00 12 Interv :45 Jog 1:15 Walk <input type="checkbox"/>
16	Saturday	Rest <input type="checkbox"/>
<b>17</b>	<b>Sunday</b>	<b>2 Mile Walk/Jog At Your Pace</b> <input type="checkbox"/>
18	Monday	Strength Train 20:00 Walk/Bike 15:00 - 20:00 <input type="checkbox"/>
19	Tuesday	Jog/Walk 26:00 13 Interv :45 Jog 1:15 Walk <input type="checkbox"/>
20	Wednesday	Rest <input type="checkbox"/>
21	Thursday	Strength Train 20:00 Walk/Bike 10:00 - 15:00 <input type="checkbox"/>
22	Friday	Jog/Walk 26:00 13 Interv :45 Jog 1:15 Walk <input type="checkbox"/>
23	Saturday	Rest <input type="checkbox"/>
<b>24</b>	<b>Sunday</b>	<b>2.5 Mile Walk/Jog At Your Pace</b> <input type="checkbox"/>
25	Monday	Strength Train 20:00 Walk/Bike 20:00 <input type="checkbox"/>
26	Tuesday	Jog/Walk 28:00 14 Interv 1:00 Jog 1:00 Walk <input type="checkbox"/>
27	Wednesday	Rest <input type="checkbox"/>
28	Thursday	Strength Train 20:00 Walk/Bike 20:00 <input type="checkbox"/>
29	Friday	Jog/Walk 28:00 14 Interv 1:00 Jog 1:00 Walk <input type="checkbox"/>
30	Saturday	Rest <input type="checkbox"/>
<b>31</b>	<b>Sunday</b>	<b>3 Mile Walk/Jog At Your Pace</b> <input type="checkbox"/>

# TRAINING PLAN

## ST. LUKE'S 5K & VIA HALF MARATHON



### APRIL

1	Monday	Strength Train 20:00 Walk/Bike 20:00	<input type="checkbox"/>
2	Tuesday	Jog/Walk 30:00 15 Interv 1:15 Jog :45 Walk	<input type="checkbox"/>
3	Wednesday	Rest	<input type="checkbox"/>
4	Thursday	Strength Train 20:00 Walk/Bike 20:00	<input type="checkbox"/>
5	Friday	Jog/Walk 30:00 15 Interv 1:15 Jog :45 Walk	<input type="checkbox"/>
6	Saturday	Rest	<input type="checkbox"/>
7	<b>Sunday</b>	<b>3.25 Mile Walk/Jog At Your Pace</b>	<input type="checkbox"/>
8	Monday	Strength Train 20:00 Walk/Bike 20:00	<input type="checkbox"/>
9	Tuesday	Jog/Walk 30:00 15 Interv 1:15 Jog :45 Walk	<input type="checkbox"/>
10	Wednesday	Rest	<input type="checkbox"/>
11	Thursday	Strength Train 20:00 Walk/Bike 20:00	<input type="checkbox"/>
12	Friday	Jog/Walk 30:00 15 Interv 1:15 Jog :45 Walk	<input type="checkbox"/>
13	Saturday	Rest	<input type="checkbox"/>
14	<b>Sunday</b>	<b>3.25 Mile Walk/Jog At Your Pace</b>	<input type="checkbox"/>
15	Monday	Strength Train 20:00 Walk/Bike 20:00	<input type="checkbox"/>
16	Tuesday	Jog/Walk 30:00 15 Interv 1:30 Jog :30 Walk	<input type="checkbox"/>
17	Wednesday	Rest	<input type="checkbox"/>
18	Thursday	Strength Train 20:00 Walk/Bike 20:00	<input type="checkbox"/>
19	Friday	Jog/Walk 30:00 15 Interv 1:30 Jog :30 Walk	<input type="checkbox"/>
20	Saturday	Rest	<input type="checkbox"/>
21	<b>Sunday</b>	<b>3.5 Mile Walk/Jog At Your Pace</b>	<input type="checkbox"/>
22	Monday	Strength Train 20:00 Walk/Bike 20:00	<input type="checkbox"/>
23	Tuesday	Jog 30:00	<input type="checkbox"/>
24	Wednesday	Rest	<input type="checkbox"/>
25	Thursday	Strength Train 20:00 Walk/Bike 20:00	<input type="checkbox"/>
26	Friday	Jog 20:00	<input type="checkbox"/>
27	Saturday	Rest	<input type="checkbox"/>
28	<b>Sunday</b>	<b>St Luke's 5K</b>	<input type="checkbox"/>
29	Monday	Rest	<input type="checkbox"/>
30	Tuesday	Rest	<input type="checkbox"/>

### MAY

1	Wednesday	Rest	<input type="checkbox"/>
2	Thursday	Rest	<input type="checkbox"/>
3	Friday	Rest	<input type="checkbox"/>
4	Saturday	Rest	<input type="checkbox"/>
5	<b>Sunday</b>	<b>Rest</b>	<input type="checkbox"/>
6	Monday	Rest	<input type="checkbox"/>
7	Tuesday	1.5 Miles	<input type="checkbox"/>
8	Wednesday	2 Miles	<input type="checkbox"/>
9	Thursday	Rest	<input type="checkbox"/>
10	Friday	1.5 Miles	<input type="checkbox"/>
11	Saturday	1.5 Miles	<input type="checkbox"/>
12	<b>Sunday</b>	<b>2 Miles</b>	<input type="checkbox"/>
13	Monday	Rest	<input type="checkbox"/>
14	Tuesday	2 Miles	<input type="checkbox"/>
15	Wednesday	2 Miles	<input type="checkbox"/>
16	Thursday	Rest	<input type="checkbox"/>
17	Friday	2 Miles	<input type="checkbox"/>
18	Saturday	1.5 Miles	<input type="checkbox"/>
19	<b>Sunday</b>	<b>2 Miles</b>	<input type="checkbox"/>
20	Monday	Rest	<input type="checkbox"/>
21	Tuesday	2 Miles	<input type="checkbox"/>
22	Wednesday	2 Miles	<input type="checkbox"/>
23	Thursday	Rest	<input type="checkbox"/>
24	Friday	2 Miles	<input type="checkbox"/>
25	Saturday	2 Miles	<input type="checkbox"/>
26	<b>Sunday</b>	<b>2.5 Miles</b>	<input type="checkbox"/>
27	Monday	Rest	<input type="checkbox"/>
28	Tuesday	2 Miles	<input type="checkbox"/>
29	Wednesday	2.5 Miles	<input type="checkbox"/>
30	Thursday	Rest	<input type="checkbox"/>
31	Friday	2 Miles	<input type="checkbox"/>

# TRAINING PLAN

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### JUNE

1	Saturday	2 Miles	<input type="checkbox"/>
<b>2</b>	<b>Sunday</b>	3 Miles	<input type="checkbox"/>
3	Monday	Rest	<input type="checkbox"/>
4	Tuesday	2 Miles	<input type="checkbox"/>
5	Wednesday	3 Miles	<input type="checkbox"/>
6	Thursday	Rest	<input type="checkbox"/>
7	Friday	2 Miles	<input type="checkbox"/>
8	Saturday	2 Miles	<input type="checkbox"/>
<b>9</b>	<b>Sunday</b>	3 Miles	<input type="checkbox"/>
10	Monday	Rest	<input type="checkbox"/>
11	Tuesday	2 Miles	<input type="checkbox"/>
12	Wednesday	3 Miles	<input type="checkbox"/>
13	Thursday	Rest	<input type="checkbox"/>
14	Friday	2.5 Miles	<input type="checkbox"/>
15	Saturday	2 Miles	<input type="checkbox"/>
<b>16</b>	<b>Sunday</b>	3.5 Miles	<input type="checkbox"/>
17	Monday	Rest	<input type="checkbox"/>
18	Tuesday	2 Miles	<input type="checkbox"/>
19	Wednesday	3.5 Miles	<input type="checkbox"/>
20	Thursday	Rest	<input type="checkbox"/>
21	Friday	2.5 Miles	<input type="checkbox"/>
22	Saturday	2 Miles	<input type="checkbox"/>
<b>23</b>	<b>Sunday</b>	4 Miles	<input type="checkbox"/>
24	Monday	Rest	<input type="checkbox"/>
25	Tuesday	2 Miles	<input type="checkbox"/>
26	Wednesday	4 Miles	<input type="checkbox"/>
27	Thursday	Rest	<input type="checkbox"/>
28	Friday	2.5 Miles	<input type="checkbox"/>
29	Saturday	2 Miles	<input type="checkbox"/>
<b>30</b>	<b>Sunday</b>	4.5 Miles	<input type="checkbox"/>

### JULY

1	Monday	Rest	<input type="checkbox"/>
2	Tuesday	2.5 Miles	<input type="checkbox"/>
3	Wednesday	4 Miles	<input type="checkbox"/>
4	Thursday	Rest	<input type="checkbox"/>
5	Friday	2.5 Miles	<input type="checkbox"/>
6	Saturday	2 Miles	<input type="checkbox"/>
<b>7</b>	<b>Sunday</b>	5 Miles	<input type="checkbox"/>
8	Monday	Rest	<input type="checkbox"/>
9	Tuesday	2.5 Miles	<input type="checkbox"/>
10	Wednesday	4 Miles	<input type="checkbox"/>
11	Thursday	Rest	<input type="checkbox"/>
12	Friday	3 Miles	<input type="checkbox"/>
13	Saturday	2 Miles	<input type="checkbox"/>
<b>14</b>	<b>Sunday</b>	5.5 Miles	<input type="checkbox"/>
15	Monday	Rest	<input type="checkbox"/>
16	Tuesday	2.5 Miles	<input type="checkbox"/>
17	Wednesday	4.5 Miles	<input type="checkbox"/>
18	Thursday	Rest	<input type="checkbox"/>
19	Friday	3 Miles	<input type="checkbox"/>
20	Saturday	2 Miles	<input type="checkbox"/>
<b>21</b>	<b>Sunday</b>	6 Miles	<input type="checkbox"/>
22	Monday	Rest	<input type="checkbox"/>
23	Tuesday	3 Miles	<input type="checkbox"/>
24	Wednesday	4.5 Miles	<input type="checkbox"/>
25	Thursday	Rest	<input type="checkbox"/>
26	Friday	3 Miles	<input type="checkbox"/>
27	Saturday	2 Miles	<input type="checkbox"/>
<b>28</b>	<b>Sunday</b>	7 Miles	<input type="checkbox"/>
29	Monday	Rest	<input type="checkbox"/>
30	Tuesday	3 Miles	<input type="checkbox"/>
31	Wednesday	4.5 Miles	<input type="checkbox"/>

# TRAINING PLAN

## ST. LUKE'S 5K & VIA HALF MARATHON



### AUGUST

1	Thursday	Rest	<input type="checkbox"/>
2	Friday	3.5 Miles	<input type="checkbox"/>
3	Saturday	2 Miles	<input type="checkbox"/>
4	<b>Sunday</b>	<b>8 Miles</b>	<input type="checkbox"/>
5	Monday	Rest	<input type="checkbox"/>
6	Tuesday	3 Miles	<input type="checkbox"/>
7	Wednesday	5 Miles	<input type="checkbox"/>
8	Thursday	Rest	<input type="checkbox"/>
9	Friday	3.5 Miles	<input type="checkbox"/>
10	Saturday	2 Miles	<input type="checkbox"/>
11	<b>Sunday</b>	<b>9 Miles</b>	<input type="checkbox"/>
12	Monday	Rest	<input type="checkbox"/>
13	Tuesday	3.5 Miles	<input type="checkbox"/>
14	Wednesday	5 Miles	<input type="checkbox"/>
15	Thursday	Rest	<input type="checkbox"/>
16	Friday	3.5 Miles	<input type="checkbox"/>
17	Saturday	2 Miles	<input type="checkbox"/>
18	<b>Sunday</b>	<b>10 Miles</b>	<input type="checkbox"/>
19	Monday	Rest	<input type="checkbox"/>
20	Tuesday	3.5 Miles	<input type="checkbox"/>
21	Wednesday	5 Miles	<input type="checkbox"/>
22	Thursday	Rest	<input type="checkbox"/>
23	Friday	4 Miles	<input type="checkbox"/>
24	Saturday	2 Miles	<input type="checkbox"/>
25	<b>Sunday</b>	<b>11 Miles</b>	<input type="checkbox"/>
26	Monday	REST	<input type="checkbox"/>
27	Tuesday	4 Miles	<input type="checkbox"/>
28	Wednesday	5.5 Miles	<input type="checkbox"/>
29	Thursday	Rest	<input type="checkbox"/>
30	Friday	4 Miles	<input type="checkbox"/>
31	Saturday	2 Miles	<input type="checkbox"/>

### SEPTEMBER

1	<b>Sunday</b>	<b>9 Miles</b>	<input type="checkbox"/>
2	Monday	Rest	<input type="checkbox"/>
3	Tuesday	3 Miles	<input type="checkbox"/>
4	Wednesday	4 Miles	<input type="checkbox"/>
5	Thursday	Rest	<input type="checkbox"/>
6	Friday	2 Miles	<input type="checkbox"/>
7	Saturday	Rest	<input type="checkbox"/>
8	<b>Sunday</b>	<b>VIA HALF MARATHON</b>	<input type="checkbox"/>