

Tomoka Half Marathon 16 Week Training Plan								
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
	Easy Run	Cross Training	Race Pace	Rest Day	Tempo Run	Easy Run	Long Run	
1	3 8-Dec	Cross Training 9-Dec	3 10-Dec	Rest 11-Dec	3 12-Dec	3 13-Dec	5 14-Dec	17
2	3 15-Dec	Cross Training 16-Dec	4 17-Dec	Rest 18-Dec	3 19-Dec	Rest 20-Dec	6 21-Dec	16
3	3 22-Dec	Cross Training 23-Dec	4 24-Dec	Rest 25-Dec	5 26-Dec	3 27-Dec	6 28-Dec	21
4	3 29-Dec	Cross Training 30-Dec	4 31-Dec	Rest 1-Jan	5 2-Jan	Rest 3-Jan	7 4-Jan	19
5	3 5-Jan	Cross Training 6-Jan	5 7-Jan	Rest 8-Jan	5 9-Jan	3 10-Jan	7 11-Jan	23
6	3 12-Jan	Cross Training 13-Jan	5 14-Jan	Rest 15-Jan	5 16-Jan	Rest 17-Jan	8 18-Jan	21
7	3 19-Jan	Cross Training 20-Jan	5 21-Jan	Rest 22-Jan	3 23-Jan	5 24-Jan	8 25-Jan	24
8	3 26-Jan	Cross Training 27-Jan	6 28-Jan	Rest 29-Jan	5 30-Jan	Rest 31-Jan	9 1-Feb	23
9	3 2-Feb	Cross Training 3-Feb	6 4-Feb	Rest 5-Feb	5 6-Feb	3 7-Feb	9 8-Feb	26
10	3 9-Feb	Cross Training 10-Feb	6 11-Feb	Rest 12-Feb	5 13-Feb	Rest 14-Feb	10 15-Feb	24
11	3 16-Feb	Cross Training 17-Feb	7 18-Feb	Rest 19-Feb	5 20-Feb	5 21-Feb	10 22-Feb	30
12	3 23-Feb	Cross Training 24-Feb	7 25-Feb	Rest 26-Feb	5 27-Feb	Rest 28-Feb	11 1-Mar	26
13	3 2-Mar	Cross Training 3-Mar	7 4-Mar	Rest 5-Mar	5 6-Mar	5 7-Mar	11 8-Mar	31
14	3 9-Mar	Cross Training 10-Mar	8 11-Mar	Rest 12-Mar	5 13-Mar	Rest 14-Mar	12 15-Mar	28
15	3 16-Mar	Cross Training 17-Mar	5 18-Mar	Rest 19-Mar	3 20-Mar	3 21-Mar	6 22-Mar	20
16	3 23-Mar	Cross Training 24-Mar	3 25-Mar	Rest 26-Mar	3 27-Mar	Rest 28-Mar	13.1 29-Mar	22.1