**Running**

**Schedule**



**Training Schedule for Half & Full Marathon**

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| **WEEK 1** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 10 | 15 | Off | 10 | 15 | 20 | 70 |

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| **WEEK 2** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 10 | 15 | Off | 15 | 15 | 20 | 75 |

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| **WEEK 3** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 15 | 15 | Off | 15 | 20 | 20 | 85 |

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| **WEEK 4** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 15 | 15 | Off | 20 | 20 | 25 | 95 |

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| **WEEK 5** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 20 | 25 | Off | 25 | 30 | 40 | 135 |

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| **WEEK 6** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 20 | 20 | Off | 30 | 40 | 50 | 160 |

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| **WEEK 7** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 25 | 30 | Off | 35 | 50 | 60 | 200 |

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| **WEEK 8** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 30 | 40 | Off | 40 | 50 | 60 | 220 |

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| **WEEK 9** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 30 | 40 | Off | 30 | 60 | 60 | 220 |

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| **WEEK 10** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 35 | 40 | Off | 40 | 60 | 60 | 235 |

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| **WEEK 11** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 35 | 45 | Off | 45 | 70 | 60 | 255 |

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| **WEEK 12** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 40 | 50 | Off | 50 | 75 | 60 | 275 |

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| **WEEK 13** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 40 | 45 | Off | 50 | 75 | 65 | 275 |

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| **WEEK 14** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 45 | 30 | Off | 60 | 70 | 60 | 285 |

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| **WEEK 15** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 20 | 25 | Off | 20 | 30 | 50 | 120 |

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| **WEEK 16** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 25 | 30 | Off | 25 | 40 | 45 | 165 |

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| **WEEK 17** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 50 | 60 | Off | 60 | 80 | 70 | 320 |

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| **WEEK 18** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 50 | 60 | Off | 60 | 90 | 75 | 335 |

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| **WEEK 19** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 60 | 70 | Off | 70 | 90 | 100 | 390 |

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| **WEEK 20** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 40 | 45 | Off | 50 | 45 | 150 | 330 |

**Two Weeks to Marathon!**

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| **WEEK 21** |  |  |  |  |  |  |  |  |
| **Day** | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | **Total** |
| **Minutes** | Off | 40 | 45 | Off | 50 | 45 | Off | 180 |