

## 10 WEEK HALF MARATHON TRAINING

### Bull Run Half Marathon, 2021

#### Aberdeen Area Running Club

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 5/24-5/30	3 MILES	FULL BODY STRENGTH	4 MILES	ABS & STRETCH / YOGA	4 MILES	6 MILES	ACTIVE RECOVERY
<b>2</b> 5/31-6/6	3 MILES	FULL BODY STRENGTH	4 MILES	ABS & STRETCH / YOGA	4 MILES	7 MILES	ACTIVE RECOVERY
<b>3</b> 6/7-6/13	3 MILES	FULL BODY STRENGTH	5 MILES	ABS & STRETCH / YOGA	4 MILES	8 MILES	ACTIVE RECOVERY
<b>4</b> 6/14-6/20	3 MILES	FULL BODY STRENGTH	5 MILES	ABS & STRETCH / YOGA	4 MILES	6 MILES	REST
<b>5</b> 6/21-6/27	4 MILES	FULL BODY STRENGTH	6 MILES	ABS & STRETCH / YOGA	4 MILES	9 MILES	ACTIVE RECOVERY
<b>6</b> 6/28-7/4	4 MILES	FULL BODY STRENGTH	6 MILES	ABS & STRETCH / YOGA	4 MILES	10 MILES	ACTIVE RECOVERY
<b>7</b> 7/5-7/11	4 MILES	FULL BODY STRENGTH	6 MILES	ABS & STRETCH / YOGA	4 MILES	11 MILES	ACTIVE RECOVERY
<b>8</b> 7/12-7/18	3 MILES	FULL BODY STRENGTH	5 MILES	ABS & STRETCH / YOGA	4 MILES	10 MILES	ACTIVE RECOVERY
<b>9</b> 7/19-7/25	3 MILES	FULL BODY STRENGTH	5 MILES	ABS & STRETCH / YOGA	4 MILES	8 MILES	REST
<b>10</b> 7/26-7/31	3 MILES	FULL BODY STRENGTH - Easy Effort	4 MILES	ABS & STRETCH / YOGA	3 MILES	REST	RACE!

FULL BODY STRENGTH - Include workouts that target different body parts weekly. May include BodyPump, P90X, HIIT classes, Bootcamp fitness classes, etc.

ACTIVE RECOVERY - Can include walking, hiking, biking, golfing, swimming, etc. A fun activity that gets you moving for an hour or so. For more intermediate/advanced runners, an hour of any cross training cardio class, such as Spin, Step, or other Aerobics, can be included.