



Half Marathon Training Schedule

If you can run 3 miles, you can train for the Soaring Wings Half Marathon!
 *Participants may choose mileage or hill/speed training on Tuesdays.
 Those completing hills/speed, remember to warm-up & cool down 1 mile.
 Hills should be between 200-400 meters long for repeats.

| Date | M | T | W | Th | F | S | Su |
|----------------------------------------------|---------|------------------------|------|-----------|------------------------------------|----------|------|
| Week #1 July 31 - August 5 | 3 miles | 3 miles or 6 x hill | Rest | 3 miles | XT Cycle, swim, walk, etc... | 4 miles | Rest |
| Week #2 August 6 - 12 | 3 miles | 3 miles or 7 x 400 | Rest | 3 miles | XT Cycle, swim, walk, etc... | 5 miles | Rest |
| Week #3 August 13 - 19 | 3 miles | 4 miles or 7 x hill | Rest | 3.5 miles | XT Cycle, swim, walk, etc... | 6 miles | Rest |
| Week #4 August 20 - 26 | 3 miles | 4 miles or 8 x 400 | Rest | 3.5 miles | XT Cycle, swim, walk, etc... | 7 miles | Rest |
| Week #5 August 27 - September 2 | 3 miles | 4 miles or 8 x hill | Rest | 4 miles | XT Cycle, swim, walk, etc... | 8 miles | Rest |
| Week #6 September 3 - 9 | 3 miles | 4 miles or 6 x 400 | Rest | 4 miles | XT Cycle, swim, walk, etc... | 6 miles | Rest |
| Week #7 September 10 - 16 | 3 miles | 5 miles or 4 x 800 | Rest | 4.5 miles | XT Cycle, swim, walk, etc... | 10 miles | Rest |
| Week #8 September 17 - 23 | 3 miles | 5 miles or 3 x 1600 | Rest | 4.5 miles | XT Cycle, swim, walk, etc... | 11 miles | Rest |
| Week #9 September 24 - 30 | 3 miles | 5 miles or 5 x 800 | Rest | 5 miles | XT Cycle, swim, walk, etc... | 8 miles | Rest |
| Week #10 October 1 - 7 | 3 miles | 5 miles or 4 x 1600 | Rest | 5 miles | XT Cycle, swim, walk, etc... | 12 miles | Rest |
| Week #11 October 8 - 14 | 3 miles | 5 miles or 6 x 800 | Rest | 5 miles | XT Cycle, swim, walk, etc... | 10 miles | Rest |
| Week #12 October 15 - 21 | 3 miles | 4 miles | Rest | 2 miles | Rest | 13.1 | |

SOARING WINGS OF CONWAY | HALF MARATHON & 10K
www.swhalf.com

Conway Group Training | Saturdays @ 6 a.m.
 & *Tuesdays @ 6 p.m. (hills & speed)

Conway Regional Health & Fitness Center
 700 Salem Road | Conway

The group will meet in the south parking lot. The facility does not open until 7:30 a.m. McDonald's is located just across the street.



Team RWB | Central Arkansas will host water stops for Saturday morning group trainings.

*Participants will need to carry water on Tuesdays.

Your Official Training Program is sponsored by

