

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.



	M	T	W	TH	F	S	SU
Week #1 July 30 - 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 - 20	3 miles	4 miles	Rest	2 miles	Rest	13.1	

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go the
extra
mile.
soaring
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Conway Group Training | Saturdays @ 6 a.m.

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.