

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 29 - August 3	3 miles	3 miles or 6 x hill	Rest	3 miles	XT Cycle, swim, walk, etc...	4 miles	Rest
Week #2 August 4 - 10	3 miles	3 miles or 7 x 400	Rest	3 miles	XT Cycle, swim, walk, etc...	5 miles	Rest
Week #3 August 11 - 17	3 miles	4 miles or 7 x hill	Rest	3.5 miles	XT Cycle, swim, walk, etc...	6 miles	Rest
Week #4 August 18 - 24	3 miles	4 miles or 8 x 400	Rest	3.5 miles	XT Cycle, swim, walk, etc...	7 miles	Rest
Week #5 August 25 - 31	3 miles	4 miles or 8 x hill	Rest	4 miles	XT Cycle, swim, walk, etc...	8 miles	Rest
Week #6 September 1 - 7	3 miles	4 miles or 6 x 400	Rest	4 miles	XT Cycle, swim, walk, etc...	6 miles	Rest
Week #7 September 8 - 14	3 miles	5 miles or 4 x 800	Rest	4.5 miles	XT Cycle, swim, walk, etc...	10 miles	Rest
Week #8 September 15 - 21	3 miles	5 miles or 3 x 1600	Rest	4.5 miles	XT Cycle, swim, walk, etc...	11 miles	Rest
Week #9 September 22 - 28	3 miles	5 miles or 5 x 800	Rest	5 miles	XT Cycle, swim, walk, etc...	8 miles	Rest
Week #10 September 29 - October 5	3 miles	5 miles or 4 x 1600	Rest	5 miles	XT Cycle, swim, walk, etc...	12 miles	Rest
Week #11 October 6 - 12	3 miles	5 miles or 6 x 800	Rest	5 miles	XT Cycle, swim, walk, etc...	10 miles	Rest
Week #12 October 13 - 19	3 miles	4 miles	Rest	2 miles	Rest	13.1	



THE FINAL YEAR TO SOAR!

SATURDAY | OCTOBER 19 | 7 A.M.

CONWAY AREA 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 the Conway area
Saturday morning group trainings!