



BEGINNER 13.1 TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 5/20/2024	2 miles	Rest	3 miles or cross train	2 miles	Rest	30 minute cross train	4 miles
Week 2 5/27/2024	2 miles	Rest	3 miles race pace	2 miles	Rest	30 minute cross train	5 miles
Week 3 6/3/2024	2.5 miles	Rest	3 miles or cross train	2.5 miles	Rest	2 miles Museum Mile	5 miles
Week 4 6/10/2024	2.5 miles	Rest	3 miles race pace	2.5 miles	Rest	35 minute cross train	6 miles
Week 5 6/17/2024	3 miles	Rest	4 miles or cross train	3 miles	Rest	35 minute cross train	6 miles
Week 6 6/24/2024	3 miles	Rest	4 miles race pace	3 miles	Rest	40 minute cross train	7 miles
Week 7 7/1/2024	3.5 miles	Rest	4 miles or cross train	3.5 miles	Rest	40 minute cross train	8 miles
Week 8 7/8/2024	3.5 miles	Rest	4 miles race pace	3.5 miles	Rest	45 minute cross train	8 miles
Week 9 7/15/2024	4 miles	Rest	4 miles or cross train	4 miles	Rest	45 minute cross train	9 miles
Week 10 7/22/2024	4 miles	Rest	4 miles race pace	4 miles	Rest	50 minute cross train	9 miles
Week 11 7/29/2024	4.5 miles	Rest	5 miles or cross train	4.5 miles	Rest	50 minute cross train	10 miles
Week 12 8/5/2024	4.5 miles	Rest	5 miles race pace	4.5 miles	Rest	55 minute cross train	10 miles
Week 13 8/12/2024	5 miles	Rest	5 miles or cross train	5 miles	Rest	55 minute cross train	11 miles
Week 14 8/19/2024	5 miles	Rest	5 miles race pace	5 miles	Rest	60 minute cross train	11 miles
Week 15 8/26/2024	5 miles	Rest	5 miles or cross train	5 miles	Rest	60 minute cross train	12 miles
Week 16 9/2/2024	5 miles	Rest	5 miles race pace	5 miles	Rest	60 minute cross train	13 miles
Week 17 9/9/2024	4 miles	Rest	5 miles or cross train	4 miles	Rest	60 minute cross train	9 miles
Week 18 9/16/2024	4 miles	Rest	2 miles	Rest or 3 easy miles	Rest	AFM 13.1 Race Day	