

TLW Half Marathon Training Schedule

Beginners: Tuesday Long Run

| WEEK | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------------------------|-----|---------------------------------------|---------|---------|---------|-----|------------------|
| Intro Week Jan. 4-10 | | 3 miles Crossing @ Chest. | 2 miles | | 2 miles | | 2 miles |
| 1 Jan. 11-17 | | 3 miles Crossing @ Chesterfield | 2 miles | | 2 miles | | 2 miles |
| 2 Jan. 18-24 | | 4 miles Bread Co. | 2 miles | | 2 miles | | 3 miles |
| 3 Jan. 25-31 | | 4 miles Babler | 3 miles | | 3 miles | | 3 miles |
| 4 Feb. 1-7 | | 6 miles Crossing @ Fenton | 2 miles | | 3 miles | | 3 miles |
| 5 Feb. 8-14 | | 7 miles Crossing @ Chesterfield | 2 miles | | 4 miles | | 3 miles |
| 6 Feb. 15-21 | | 7 miles Bread Co. | 2 miles | | 4 miles | | 3 miles |
| 7 Feb. 22-28 | | 6 miles Babler | 2 miles | | 4 miles | | 4 miles |
| 8 March 1-7 | | 8 miles Crossing @ Fenton | 2 miles | | 4 miles | | 4 miles |
| 9 Mar. 8-14 | | 9 miles Crossing @ Chesterfield | 3 miles | | 5 miles | | 4 miles |
| 10 Mar 15-21 | | 6 miles Babler | 3 miles | | 5 miles | | 3 miles |
| 11 Mar 22-28 | | 10 miles Bread Co. | 2 miles | | 4 miles | | 3 miles |
| 12 Mar 29- April 4 | | 8 miles Crossing @ Chesterfield | 2 miles | | 3 miles | | 5 miles |
| 13 April 5-11 | | 3 miles | | 2 miles | 2 miles | | Race Day 13.1 |

Continued.....

TLW Half Marathon Training Schedule

Beginners: Saturday Long Run

| WEEK | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------------------------|-----|---------|-----|---------|---------|---------------------------------|------------------|
| Intro Week Jan. 4-10 | | 2 miles | | 2 miles | | 3 miles Crossing @ Chest. | 2 miles |
| 1 Jan. 11-17 | | 2 miles | | 2 miles | | 3 miles Crossing @ Chest. | 2 miles |
| 2 Jan. 18-24 | | 2 miles | | 3 miles | | 4 miles Ice Rink | 2 miles |
| 3 Jan. 25-31 | | 3 miles | | 3 miles | | 5 miles Queeny | 3 miles |
| 4 Feb. 1-7 | | 3 miles | | 3 miles | | 6 miles Creve Coeur Pk. | 2 miles |
| 5 Feb. 8-14 | | 4 miles | | 3 miles | | 7 miles Babler | 2 miles |
| 6 Feb. 15-21 | | 4 miles | | 3 miles | | 7 miles Forest Park | 2 miles |
| 7 Feb. 22-28 | | 4 miles | | 4 miles | | 6 miles Crossing @ Fenton | 2 miles |
| 8 March 1-7 | | 4 miles | | 4 miles | | 8 miles Babler | 2 miles |
| 9 Mar 8-14 | | 5 miles | | 4 miles | | 9 miles Forest Park | 3 miles |
| 10 Mar 15-21 | | 5 miles | | 3 miles | | 6 miles Queeny | 3 miles |
| 11 Mar 22-28 | | 4 miles | | 3 miles | | 10 miles Creve Coeur Pk. | 2 miles |
| 12 Mar 29- April 4 | | 3 miles | | 5 miles | | 8 miles Ice Rink | 2 miles |
| 13 April 5-11 | | 3 miles | | 2 miles | 2 miles | | Race Day 13.1 |

Continued.....

TLW Half Marathon Training Schedule

Intermediate Group: Tuesday Long Run

| WEEK | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------------------------|-----|--|---------|----------------|---------|-----|------------------|
| Intro Week Jan 4-10 | | 4 miles Crossing @ Chesterfield | 3 miles | Cross Train | 3 miles | | 3 miles |
| 1 Jan 11-17 | | 4 miles Crossing @ Chesterfield | 3 miles | Cross Train | 3 miles | | 3 miles |
| 2 Jan 18-24 | | 5 miles Bread Co. | 3 miles | Cross Train | 4 miles | | 3 miles |
| 3 Jan 25-31 | | 6 miles Babler | 3 miles | Cross Train | 5 miles | | 4 miles |
| 4 Feb 1-7 | | 7 miles Crossing @ Fenton | 3 miles | Cross Train | 5 miles | | 4 miles |
| 5 Feb 8-14 | | 8 miles Crossing @ Chesterfield | 3 miles | Cross Train | 6 miles | | 4 miles |
| 6 Feb 15-21 | | 8 miles Bread Co. | 3 miles | Cross Train | 6 miles | | 4 miles |
| 7 Feb 22-28 | | 7 miles Babler | 3 miles | Cross Train | 5 miles | | 3 miles |
| 8 Mar 1-7 | | 9 miles Crossing @ Fenton | 3 miles | Cross Train | 6 miles | | 4 miles |
| 9 Mar 8-14 | | 10 miles Crossing @ Chesterfield | 3 miles | Cross Train | 6 miles | | 4 miles |
| 10 Mar 15-21 | | 7 miles Babler | 3 miles | Cross Train | 5 miles | | 4 miles |
| 11 Mar 22-28 | | 12 miles Bread Co. | 3 miles | Cross Train | 6 miles | | 3 miles |
| 12 Mar 29- April 4 | | 9 miles Crossing @ Chesterfield | 3 miles | Cross Train | 4 miles | | 5 miles |
| 13 April 5-11 | | 4 miles Crossing @ Chesterfield | | 4 miles | 2 miles | | Race Day 13.1 |

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TLW Half Marathon Training Schedule

Intermediate Group: Saturday Long Run

| WEEK | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------------------------|-------------|---------|-----|---------|---------|---------------------------------------|------------------|
| Intro Week Jan 4-10 | Cross Train | 3 miles | | 3 miles | | 4 miles Crossing @ Chesterfield | 3 miles |
| 1 Jan 11-17 | Cross Train | 3 miles | | 3 miles | | 4 miles Crossing @ Chesterfield | 3 miles |
| 2 Jan 18-24 | Cross Train | 4 miles | | 3 miles | | 5 miles Ice Rink | 3 miles |
| 3 Jan 25-31 | Cross Train | 5 miles | | 4 miles | | 6 miles Queeny | 3 miles |
| 4 Feb 1-7 | Cross Train | 5 miles | | 4 miles | | 7 miles Creve Coeur Park | 3 miles |
| 5 Feb 8-14 | Cross Train | 6 miles | | 4 miles | | 8 miles Babler | 3 miles |
| 6 Feb 15-21 | Cross Train | 6 miles | | 4 miles | | 8 miles Forest Park | 3 miles |
| 7 Feb 22-28 | Cross Train | 5 miles | | 3 miles | | 7 miles Crossing @ Fenton | 3 miles |
| 8 Mar 1-7 | Cross Train | 6 miles | | 4 miles | | 9 miles Babler | 3 miles |
| 9 Mar 8-14 | Cross Train | 6 miles | | 4 miles | | 10 miles Forest Park | 3 miles |
| 10 Mar 15-21 | Cross Train | 5 miles | | 4 miles | | 7 miles Queeny | 3 miles |
| 11 Mar 22-28 | Cross Train | 6 miles | | 3 miles | | 12 miles Creve Coeur Park | 3 miles |
| 12 Mar 29- April 4 | Cross Train | 4 miles | | 5 miles | | 9 miles Ice Rink | 3 miles |
| 13 April 5-11 | | 4 miles | | 4 miles | 2 miles | | Race Day 13.1 |

Continued.....

TLW Half Marathon Training Schedule

Advanced: Tuesday Long Run

We are entrusting advanced runners with their own weekly training program. If you do not know your individual program, please follow the intermediate schedule.

| WEEK | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------------------------|-----|---|-----|------|-----|-----|------------------|
| Intro Week Jan 4-10 | | 5+ miles Crossing @ Chesterfield | | | | | |
| 1 Jan 11-17 | | 5+ miles Crossing @ Chesterfield | | | | | |
| 2 Jan 18-24 | | 6+ miles Bread Co. | | | | | |
| 3 Jan 25-31 | | 7+ miles Babler | | | | | |
| 4 Feb 1-7 | | 8+ miles Crossing @ Fenton | | | | | |
| 5 Feb 8-14 | | 9+ miles Crossing @ Chesterfield | | | | | |
| 6 Feb 15-21 | | 10 miles Bread Co. | | | | | |
| 7 Feb 22-28 | | 10 miles Babler | | | | | |
| 8 Mar 1-7 | | 9 miles Crossing @ Fenton | | | | | |
| 9 Mar 8-14 | | 12 miles Crossing @ Chesterfield | | | | | |
| 10 Mar 15-21 | | 8 miles Babler | | | | | |
| 11 Mar 22-28 | | 14 miles Bread Co. | | | | | |
| 12 Mar 29- April 4 | | 10 miles Crossing @ Chesterfield | | | | | |
| 13 April 5-11 | | 5-6 miles Crossing @ Chesterfield | | | | | Race Day 13.1 |

Continued.....

TLW Half Marathon Training Schedule

Advanced: Saturday Long Run

We are entrusting advanced runners with their own weekly training program. If you do not know your individual program, please follow the intermediate schedule.

| WEEK | MON | TUE | WED | THUR | FRI | SAT | SUN |
|----------------------------------|-----|-----|-----|------|-----|--|------------------|
| Intro Week Jan 4-10 | | | | | | 5+ miles Crossing @ Chesterfield | |
| 1 Jan 11-17 | | | | | | 5+ miles Crossing @ Chesterfield | |
| 2 Jan 18-24 | | | | | | 6+ miles Ice Rink | |
| 3 Jan 25-31 | | | | | | 7+ miles Queeny | |
| 4 Feb 1-7 | | | | | | 8+ miles Creve Coeur Park | |
| 5 Feb 8-14 | | | | | | 9+ miles Babler | |
| 6 Feb 15-21 | | | | | | 10 miles Forest Park | |
| 7 Feb 22-28 | | | | | | 10 miles Crossing @ Fenton | |
| 8 Mar 1-7 | | | | | | 9 miles Babler | |
| 9 Mar 8-14 | | | | | | 12 miles Forest Park | |
| 10 Mar 15-21 | | | | | | 8 miles Queeny | |
| 11 Mar 22-28 | | | | | | 14 miles Creve Coeur Park | |
| 12 Mar 29 – April 4 | | | | | | 10 miles Ice Rink | |
| 13 April 5-11 | | | | | | | Race Day 13.1 |