

2012 AFM Jeff Galloway Novice Half Marathon Training

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	21-May	off	30min run	off	25min run	easy walk	off	3miles
2	28-May	off	30min run	off	30min run	easy walk	off	4miles
3	4-Jun	off	30min run	off	30min run	easy walk	off	5miles
4	11-Jun	off	30min run	off	30min run	easy walk	off	2.5miles
5	18-Jun	off	30min run	off	30min run	easy walk	off	6.5miles
6	25-Jun	off	30min run	off	30min run	easy walk	off	3miles w/MM
7	2-Jul	off	30min run	off	30min run	easy walk	off	8miles
8	9-Jul	off	30min run	off	30min run	easy walk	off	3miles w/MM
9	16-Jul	off	30min run	off	30min run	easy walk	off	9.5miles
10	23-Jul	off	30min run	off	30min run	easy walk	off	4miles
11	30-Jul	off	30min run	off	30min run	easy walk	off	11miles
12	6-Aug	off	30min run	off	30min run	easy walk	off	4miles w/MM
13	13-Aug	off	30min run	off	30min run	easy walk	off	12.5miles
14	20-Aug	off	30min run	off	30min run	easy walk	off	4miles w/MM
15	27-Aug	off	30min run	off	30min run	easy walk	off	14miles
16	3-Sep	off	30min run	off	30min run	easy walk	off	5miles
17	10-Sep	off	30min run	off	30min run	easy walk	AFM Half Marathon	walk
18	17-Sep	off	30min run	off	30min run	easy walk	off	5miles
19	24-Sep	off	30min run	off	30min run	easy walk	off	6-8miles

More information visit http://www.jeffgalloway.com/training/half_marathon.html (schedule for walkers & runners)

See website for more details on MM=magic miles

It is wise to consult your doctor before starting a new exercise program.

