

## 2012 ATM Adapted from Jeff Galloway Novice Half Marathon Training

| Week | Date   | Mon | Tue       | Wed | Thur      | Fri          | Sat | Sun             |
|------|--------|-----|-----------|-----|-----------|--------------|-----|-----------------|
| 1    | 23-Jul | off | 30min run | off | 25min run | easy walk    | off | 3miles          |
| 2    | 30-Jul | off | 30min run | off | 30min run | easy walk    | off | 4miles          |
| 3    | 6-Aug  | off | 30min run | off | 30min run | easy walk    | off | 5miles          |
| 4    | 13-Aug | off | 30min run | off | 30min run | easy walk    | off | 2.5miles        |
| 5    | 20-Aug | off | 30min run | off | 30min run | easy walk    | off | 6.5miles        |
| 6    | 27-Aug | off | 30min run | off | 30min run | easy walk    | off | 3miles<br>w/MM  |
| 7    | 3-Sep  | off | 30min run | off | 30min run | easy walk    | off | 8miles          |
| 8    | 10-Sep | off | 30min run | off | 30min run | easy walk    | off | 3miles<br>w/MM  |
| 9    | 17-Sep | off | 30min run | off | 30min run | easy walk    | off | 9.5miles        |
| 10   | 24-Sep | off | 30min run | off | 30min run | easy walk    | off | 4miles          |
| 11   | 1-Oct  | off | 30min run | off | 30min run | easy walk    | off | 11miles         |
| 12   | 8-Oct  | off | 30min run | off | 30min run | easy walk    | off | 4miles<br>w/MM  |
| 13   | 15-Oct | off | 30min run | off | 30min run | easy<br>walk | off | Army<br>10miler |

Adapted from [http://www.jeffgalloway.com/training/half\\_marathon.html](http://www.jeffgalloway.com/training/half_marathon.html) (schedule for runners and walkers)

See website for more details on MM=magic miles

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

