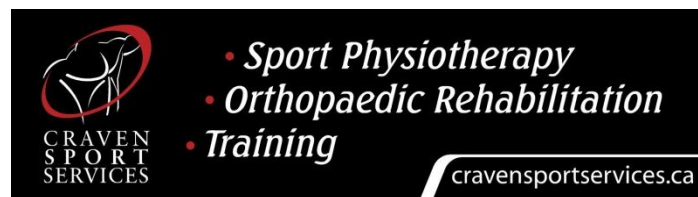


## ½ Marathon Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mar 07</b>	5km Race Pace	Strength/ Stretch	8km	5km	5km + Strength	10km	<b>REST</b>
<b>Mar 14</b>	5km Race Pace	Strength/ Stretch	8km	5km	6 km + Strength	12km	<b>REST</b>
<b>Mar 21</b>	5km Race Pace	Strength/ Stretch	6x400m 5km Pace	5km	5 km + Strength	10km	<b>REST</b>
<b>Mar 28</b>	5km Race Pace	Strength/ Stretch	Hills 6x McPherson	5km	8 km + Strength	14km	<b>REST</b>
<b>Apr 04</b>	5km Race Pace	Strength/ Stretch	7x400m 5km Pace	5km	8 km + Strength	15km	<b>REST</b>
<b>Apr 11</b>	5km Race Pace	Strength/ Stretch	Hills 7x McPherson	5km	6 km + Strength	12km	<b>REST</b>
<b>Apr 18</b>	5km Race Pace	Strength/ Stretch	8x400m 5km Pace	6km	8 km + Strength	17km	<b>REST</b>
<b>Apr 25</b>	6km Race Pace	Strength/ Stretch	Hills 8x McPherson	6km	8 km + Strength	18km	<b>REST</b>
<b>May 02</b>	6km Race Pace	Strength/ Stretch	9x400m 5km Pace	6km	7 km + Strength	15km	<b>REST</b>
<b>May 09</b>	6km Race Pace	Strength/ Stretch	10x400m 5km Pace	6km	8 km + Strength	18km	<b>REST</b>
<b>May 16</b>	6km Race Pace	Strength/ Stretch	8km	5km	6 km + Strength	12km	<b>REST</b>
<b>May 23</b>	6km Race Pace	Strength/ Stretch	6km	<b>REST</b>	<b>REST</b>	3km	<b>RACE!! May 29</b>



“EXERCISE IS OUR MEDICINE”