

HALF MARATHON



September 30 &
October 1, 2017

2017 SPIRIT OF SURVIVAL HALF MARATHON TRAINING PLAN

WK	DATE	MON	TUE	WEDS	THUR	FRI	SAT	SUN
1	July 10 - 16	2 m or 20-25 Min	2 m or XT	Rest or Run/walk	3 m or 30-35 Min	Rest	4 m or 40-45 Min	XT 20-25 Min
2	July 17 - 23	3 m or 30-40 Min	2 m or XT	Rest or Run/walk	3 m or 30-40 Min	Rest	4 m or 40-45 Min	XT 25 - 30 Min
3	July 24 - 30	3.5 m or 35-40 Min	2 m or XT	Rest or Run/walk	3 m or 30-40 Min	Rest	5 m or 50-55 Min	XT 25-30 Min
4	July 31 - Aug 6	4 m or 40-45 Min	2 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	5 m or 50-55 Min	XT 25-30 Min
5	August 7 - 13	4 m or 40-45 Min	2 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	6 m or 60-65 Min	XT 25-30 Min
6	August 14 - 20	4.5 m or 45-50 Min	3 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	7 m or 70 - 75 Min or 5K/10K race	XT 30-45 Min
7	August 21 - 27	4.5 m or 45-50 Min	3 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	8 m or 80-90 Min	XT 30-45 Min
8	Aug 28 - Sept 3	4.5 m or 45-50 Min	3 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	9 m or 90-95 Min	XT 30-45 Min
9	Sept 4 - 10	5 m or 50-55 Min	3 m or XT	Rest or Run/walk	4.5 m or 45-50 Min	Rest	10 m or 100-105 Min	XT 45-60 Min
10	Sept 11 - 17	5 m or 50-55 Min	3 m or XT	Rest or Run/walk	5 m or 50-55 Min	Rest	10 m or 100-105 Min	XT 45-60 Min
11	Sept 18 - 24	5.5 m or 55-60 Min	3 m or XT	Rest or Run/walk	5 m or 50-55 Min	Rest	8 m or 80-90 Min	XT 45-60 Min
12	Sept 25 - Oct 1	4.5 m or 45-50 Min	2 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	Walk 10-20 Min	SOS Half Marathon

*m = Miles

*Min = Minutes

*XT = Cross Training



RUN

BIKE

BOTH!

Cross Training is any activity other than running. Some of the best are swimming, biking, walking, deep water running, elliptical trainer, and the stair stepper

TWO-DAY & FAMILY EVENT SPECIALS!

QUARTER MARATHON



September 30 &
October 1, 2017

2017 SPIRIT OF SURVIVAL QUARTER MARATHON TRAINING PLAN

WK	DATE	MON	TUE	WEDS	THUR	FRI	SAT	SUN
1	July 10 - 16	Rest or Run/walk	0.5 m or 5 - 10 Min	XT 20-25 Min	0.5 m or 5 - 10 Min	Rest	1 m or 10-15 Min	XT 20-25 Min
2	July 17 - 23	Rest or Run/walk	0.5 m or 5 - 10 Min	XT 20-25 Min	0.5 m or 5 - 10 Min	Rest	1.5 m or 15-20 Min	XT 20-25 Min
3	July 24 - 30	Rest or Run/walk	1 m or 10 - 15 Min	XT 20-25 Min	1 m or 10 - 15 Min	Rest	2 m or 20-25 Min	XT 20-25 Min
4	July 31 - Aug 6	Rest or Run/walk	1 m or 10 - 15 Min	XT 20-25 Min	1 m or 10 - 15 Min	Rest	2.5 m or 25-30 Min	XT 20-25 Min
5	August 7 - 13	Rest or Run/walk	1 m or 10 - 15 Min	XT 20-25 Min	1.5 m or 15-20 Min	Rest	3 m or 30-35 Min	XT 20-25 Min
6	August 14 - 20	Rest or Run/walk	1.5 m or 15-20 Min	XT 25-30 Min	2 m or 20-25 Min	Rest	3.5 m or 35-40 Min	XT 25-30 Min
7	August 21 - 27	Rest or Run/walk	1.5 m or 15-20 Min	XT 25-30 Min	2.5 m or 25-30 Min	Rest	4 m or 40-45 Min	XT 30-40 Min
8	Aug 28 - Sept 3	Rest or Run/walk	1.5 m or 15-20 Min	XT 25-30 Min	2.5 m or 25-30 Min	Rest	4.5 m or 45-50 Min	XT 30-45 Min
9	Sept 4 - 10	Rest or Run/walk	1.75 m or 18-23 Min	XT 35-40 Min	3 m or 30-35 Min	Rest	5 m or 50-55 Min	XT 45-60 Min
10	Sept 11 - 17	Rest or Run/walk	2 m or 20-25 Min	XT 40-45 Min	3 m or 30-35 Min	Rest	5.5 m or 55-60 Min	XT 45-60 Min
11	Sept 18 - 24	Rest or Run/walk	2.5 m or 25-30 Min	XT 40-45 Min	3 m or 30-35 Min	Rest	6 m or 60-65 Min	XT 45-60 Min
12	Sept 25 - Oct 1	Rest or Run/walk	3 m or 30-35 Min	XT 20-30 Min	2 m or 20-25 Min	Rest	Walk 10-20 Min	SOS Quarter Marathon

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TWO-DAY & FAMILY EVENT SPECIALS!

5K RUN



September 30 &
October 1, 2017

2017 SPIRIT OF SURVIVAL 5K TRAINING PLAN

WK	DATE	MON	TUE	WEDS	THUR	FRI	SAT	SUN
1	July 10 - 16	Rest or XT	5 - 10 Min Walk	Rest or Run/Walk	5 - 10 Min Walk	Rest or Run/Walk	5 - 10 Min Walk	15 Min Walk
2	July 17 - 23	Rest or XT	10 - 15 Min Walk	Rest or Run/Walk	10 - 15 Min Walk	Rest or Run/Walk	10 - 15 Min Run	20 Min Walk
3	July 24 - 30	Rest or XT	0.50 m Run	Rest or Run/Walk	0.50 m Run	Rest or Run/Walk	0.75 m Run	20 Min Walk
4	July 31 - Aug 6	Rest or XT	0.50 m Run	Rest or Run/Walk	0.75 m Run	Rest or Run/Walk	1 m Run	25 Min Walk
5	August 7 - 13	Rest or XT	0.75 m Run	Rest or Run/Walk	1 m Run	Rest or Run/Walk	1.25 m Run	25-30 Min Walk
6	August 14 - 20	Rest or XT	1 m Run	Rest or Run/Walk	1.25 m Run	Rest or Run/Walk	1.5 m Run	30-35 Min Walk
7	August 21 - 27	Rest or XT	1.25 m Run	Rest or Run/Walk	1.5 m Run	Rest or Run/Walk	1.75 m Run	35-40 Min Walk
8	Aug 28 - Sept 3	Rest or XT	1.5 m or 15-20 Min	Rest or Run/Walk	1.75 m or 18 - 23 Min	Rest or Run/Walk	2 m or 20-25 Min	40-45 Min Walk
9	Sept 4 - 10	Rest or XT	1.75 m or 18 - 23 Min	Rest or Run/Walk	2 m or 20-25 Min	Rest or Run/Walk	2.5 m or 25-30 Min	45-50 Min Walk
10	Sept 11 - 17	Rest or XT	2 m or 20-25 Min	Rest or Run/Walk	2.25 m or 25-30 Min	Rest or Run/Walk	2.75 m or 30-35 Min	50-55 Min Walk
11	Sept 18 - 24	Rest or XT	2.5 m or 25-30 Min	Rest or Run/Walk	2.5 m or 30-35 Min	Rest or Run/Walk	3 m or 30-35 Min	55-60 Min Walk
12	Sept 25 - Oct 1	Rest or XT	3 m or 30-35 Min	Rest or Run/Walk	2 m or 20-25 Min	Walk 5 - 15 Min	Rest	SOS 5K

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TWO-DAY & FAMILY EVENT SPECIALS!

2017 SPIRIT OF SURVIVAL 5K TRAINING PLAN

WK	DATE	MON	TUE	WEDS	THUR	FRI	SAT	SUN
1	July 10 - 16	Rest or XT	5 - 10 Min	Rest or Walk	5 - 10 Min	Rest or Walk	5 - 10 Min	15 Min Walk
2	July 17 - 23	Rest or XT	10 - 15 Min	Rest or Walk	10 - 15 Min	Rest or Walk	10 - 15 Min	20 Min Walk
3	July 24 - 30	Rest or XT	0.50 m	Rest or Walk	0.50 m	Rest or Walk	0.75 m	20 Min Walk
4	July 31 - Aug 6	Rest or XT	0.50 m	Rest or Walk	0.75 m	Rest or Walk	1 m	25 Min Walk
5	August 7 - 13	Rest or XT	0.75 m	Rest or Walk	1 m	Rest or Walk	1.25 m	25-30 Min Walk
6	August 14 - 20	Rest or XT	1 m	Rest or Walk	1.25 m	Rest or Walk	1.5 m	30-35 Min Walk
7	August 21 - 27	Rest or XT	1.25 m	Rest or Walk	1.5 m	Rest or Walk	1.75 m	35-40 Min Walk
8	Aug 28 - Sept 3	Rest or XT	1.5 m or 15-20 Min	Rest or Walk	1.75 m or 18 - 23 Min	Rest or Walk	2 m or 20-25 Min	40-45 Min Walk
9	Sept 4 - 10	Rest or XT	1.75 m or 18 - 23 Min	Rest or Walk	2 m or 20-25 Min	Rest or Walk	2.5 m or 25-30 Min	45-50 Min Walk
10	Sept 11 - 17	Rest or XT	2 m or 20-25 Min	Rest or Walk	2.25 m or 25-30 Min	Rest or Walk	2.75 m or 30-35 Min	50-55 Min Walk
11	Sept 18 - 24	Rest or XT	2.5 m or 25-30 Min	Rest or Walk	2.5 m or 30-35 Min	Rest or Walk	3 m or 30-35 Min	55-60 Min Walk
12	Sept 25 - Oct 1	Rest or XT	3 m or 30-35 Min	Rest or Walk	2 m or 20-25 Min	Walk 5 - 15 Min	Rest	SOS 5K

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