



Welcome to the Boise Betties Half Marathon training plan. In 3 easy runs a week, we'll take you up to 20miles a week! Go ahead, print this out and put it somewhere you will see it frequently. Use the space provided to make notes of the run or give yourself a gold star sticker when you complete the workout. These gold stars are great at reminding us of the work we do, rather than dwelling on the day you miss or the run that didn't go so well. Tough days happen, but overall, with a little commitment, you can and will make it to your goal on July 16!

Personal Day is a choose your own adventure day. You can take a day off, do some yoga or work in crosstraining like HIIT, spin or elliptical.

June 18 is The Color Run- a fun 2mile fun run in Meridian, complete with blasts of color that will leave you looking tie-dyed. Sign up now to keep yourself on track with your goals

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
May 16		May 17		May 18		May 19		May 20		May 21		May 22	
3 mile run		personal day		4m run		cross train		off		long run - 6m		cross train	
plan	3 miles	plan	mins	plan	4 miles	plan	miles	plan	miles	plan	6 miles	plan	miles
May 23		May 24		May 25		May 26		May 27		May 28		May 29	
3 mile run + 4x 30sec strides		personal day		5m run		cross train		off		Long run - 7m		cross train	
plan	3 miles	plan	mins	plan	4 miles	plan	miles	plan	miles	plan	7 miles	plan	miles
May 30		May 31		June 1		June 2		June 3		June 4		June 5	
3 mile run + 4x 30sec strides		personal day		5m run		cross train		off		Long Run 8 miles		cross train	
plan	3 miles	plan	mins	plan	5 miles	plan	miles	plan	miles	plan	8 miles	plan	miles
June 6		June 7		June 8		June 9		June 10		June 11		June 12	
3 mile run + 4x 30sec strides		personal day		5m run		cross train		off		Long run - 9m		cross train	
plan	3 miles	plan	mins	plan	5 miles	plan	miles	plan	miles	plan	9 miles	plan	miles
June 13		June 14		June 15		June 16		June 17		June 18		June 19	
3 mile run + 4x 30sec strides		personal day		5m run		cross train		off		Race Day test effort! 3 mile easy run with 2Mile Color Run, then 1 mile cool down. This will simulate the race- easy to start and finishing strong.		cross train	
plan	3 miles	plan	mins	plan	5 miles	plan	miles	plan	miles	plan	6 miles	plan	miles



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
June 20	June 21	June 22	June 23	June 24	June 25	June 26
3 mile run + 4x 30sec strides	personal day	5m run	cross train	off	Long run - 10m	cross train
plan 3 miles	plan mins	plan 5 miles	plan miles	plan miles	plan 10 miles	plan miles
June 27	June 28	June 29	June 30	July 1	July 2	July 3
3 mile run + 4x 30sec strides	personal day	5m run	cross train	off	Long run 11 m	cross train
plan 3 miles	plan mins	plan 5 miles	plan miles	plan miles	plan 11 miles	plan miles
July 4	July 5	July 6	July 7	July 8	July 9	July 10
3 mile run + 4x 30sec strides	personal day	5m run	cross train	off	Long run - 12m	cross train
plan 3 miles	plan mins	plan 5 miles	plan miles	plan miles	plan 12 miles	plan miles
July 11	July 12	July 13	July 14	July 15	July 16	July 17
3 mile run + 4x 30sec strides	personal day	2m run	rest	off	Boise Women's Classic Half Marathon- go get 'em! You are ready!	what's your next race? Sign up today!
plan 3 miles	plan mins	plan 2 miles	plan miles	plan miles	plan 13.1 miles	plan miles

Way to go GOALCRUSHER! You are half way there and getting stronger by the day! Keep up the good work and believe in yourself. The goal is in sight!

As you head into this week, think of all that you have accomplished!