Start training now for the OC Half Marathon

*An **intermediate** running program*

Check with your health-care provider before beginning any new exercise program.

WEEK	DATE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
1	Sept. 17 - 23	1.5 mile run	2 mile run	3 mile run	Off or 1 easy mile	2 mile run	4 mile run	Off or 1 easy mile	**12.5 miles**
2	Sept. 24 - 30	1 mile run	2 mile run	3 mile run	Off or 1 easy mile	2 mile run	4 mile run	Off or 1 easy mile	**12.5 miles**
3	Oct. 1 - 7	2 mile run	1 mile run	4 mile run	Off or 1 easy mile	2 mile run	5 mile run	Off or 1.5 mile run	**14 miles**
4	Oct. 8 - 14	2 mile run	1 mile run	4 mile run	Off or 1 easy mile	2 mile run	5 mile run	Off or 1.5 mile run	**14 miles**
5	Oct. 15 - 21	3 mile run	1.5 mile run	5 mile run	Off or 1.5 mile run	2 mile run	6 mile run	Off or 2 mile run	**17.5 miles**
6	Oct. 22 - 28	3 mile run	1.5 mile run	5 mile run	Off or 1.5 mile run	2 mile run	6 mile run	Off or easy 2 mile run	**17.5 miles**
7	Oct. 29 - Nov. 4	4 mile run	2 mile run	5 mile run	Off or 2 mile run	2 mile run	7 mile run	Off or easy 2 mile run	**20 miles**
8	Nov. 5 - 11	4 mile run	2 mile run	5 mile run	Off or 2 mile run	2 mile run	7 mile run	Off or easy 2 mile run	**20 miles**
9	Nov. 12 - 18	3 mile run	2 mile run	5 mile run	Off or 2 mile run	3 mile run	8 mile run	Off or 2 mile run	**21 miles**
10	Nov. 19 - 25	4 mile run	2 mile run	5 mile run	Off or 2 mile run	2 mile run	9 mile run	Off or 2 mile run	**22 miles**
11	Nov. 26 - Dec. 2	2 mile run	6 mile run	Off or 2 mile run	3 mile run	2 mile run	10 mile run	Off or 2 mile run	**23 miles**
12	Dec. 3 - 9	3 mile run	2 mile run	6 mile run	Off or 2 mile run	3 mile run	11 mile run	Off or 2 mile run	**25 miles**
13	Dec. 10 - 16	3 mile run	6 mile run	Off or 2 mile run	4 mile run	2 mile run	11 mile run	Off or 2 mile run	**26 miles**
14	Dec. 17 - 23	4 mile run	2 mile run	6 mile run	Off or 2 mile run	2 mile run	13 mile run	Off or 2 mile run	**27 miles**
15	Dec. 24 - 30	5 mile run	3 mile run	6 mile run	Off or 2 mile run	2 mile run	10 mile run	Off or 2 mile run	**26 miles**
16	Dec. 31 - Jan.6	5 mile run	2 mile run	4 mile run	Off or 2 mile run	2-3 mile run	Rest or 2 mile run	**13.1 MILES RACE DAY** OC MARATHON	

Developed by Team Nutrilite Coach and Boston Marathon Winner Greg Meyer
This training program is designed for the runner who can comfortably run distances from 2 to 4 miles, trains 3-5 days a week, and averages 10-15 miles per week. By methodically following each workout, you will be amazed at how easy - and fun - it can be to run 13.1 miles. See you at the finish line!

NUTRILITE®