



## 2018 Suffolk County Half Marathon Novice Training Program

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1	Cross Train	3 Miles	3 Miles or Cross Train	3 Miles	Off	Cross Train	5 Miles
2	Cross Train or Off	3 Miles	3 Miles or Cross Train	3 Miles	Off	Cross Train	4 Miles
3	Cross Train	3 Miles	3 Miles	3 Miles	Off	Cross Train	6 Miles
4	Cross Train or Off	4 Miles	3 Miles	4 Miles	Off	Cross Train	4 Miles
5	Cross Train	4 Miles	3 Miles at Goal HM Pace	4 Miles	Off	Cross Train	8 Miles
6	Cross Train or Off	4 Miles	4 Miles	4 Miles	Off	Cross Train	6 Miles
7	Cross Train	5 Miles	4 Miles	5 Miles	Off	Cross Train or Off	10 Miles
8	Cross Train or Off	5 Miles	4 Miles at Goal HM Pace	5 Miles	Off	Cross Train	8 Miles
9	Cross Train	5 Miles	5 Miles	5 Miles	Off	Cross Train or Off	12 Miles
10	Cross Train or Off	4 Miles	5 Miles	4 Miles	Off	Cross Train or Off	10 Miles
11	Cross Train or Off	4 Miles	5 Miles at Goal HM Pace	4 Miles	Off	Cross Train	8 Miles
12	Cross Train	4 Miles	4 Miles at Goal HM Pace	Cross Train or Off	Off	<b>Easy</b> 20 Minute Run	<b>Suffolk County Half Marathon</b>
	Off	Off	20 Minute Run	Off	Off	20 Minute Run	Off

**Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.**

For more information-[www.sayvillerrunning.com/pages/training](http://www.sayvillerrunning.com/pages/training)

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