



**HOSPITAL HILL RUN  
HALF MARATHON  
NOVICE RUN TRAINING PROGRAM**

<u>Week</u>	<u>Monday</u> (Easy)	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u> (Easy)	<u>Thursday</u> (Cross Train)	<u>Friday</u>	<u>Saturday</u> (Long)	<u>Sunday</u>	<u>Week Ending</u> <u>Sunday</u>
1	30 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	4 Miles	Rest	March 6, 2011
2	30 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	5 Miles	Rest	March 13, 2011
3	30 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	6 Miles	Rest	March 20, 2011
4	30 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	4 Miles	Rest	March 27, 2011
5	35 Minutes (4 Miles)	30 - 40 Minutes	35 Minutes (4 Miles)	30 - 40 Minutes	Rest	7 Miles	Rest	April 2, 2011
6	35 Minutes (4 Miles)	30 - 40 Minutes	45 Minutes (4 Miles)	30 - 40 Minutes	Rest	8 Miles	Rest	April 10, 2011
7	45 Minutes (4 Miles)	30 - 40 Minutes	45 Minutes (4 Miles)	45 - 50 Minutes	Rest	6 Miles	Rest	April 17, 2011

8	45 Minutes (4 Miles)	30 - 40 Minutes	45 Minutes (5 Miles)	45 - 50 Minutes	Rest	9 Miles	Rest	April 24, 2011
9	50 Minutes (5 Miles)	30 - 40 Minutes	50 Minutes (5 Miles)	45 - 50 Minutes	Rest	10 Miles	Rest	May 1, 2011
10	45 Minutes (4 Miles)	35 - 45 Minutes	50 Minutes (4 Miles)	45 - 50 Minutes	Rest	8 Miles	Rest	May 8, 2011
11	50 Minutes (5 Miles)	35 - 45 Minutes	50 Minutes (5 Miles)	45 - 50 Minutes	Rest	11 Miles	Rest	May 15, 2011
12	45 Minutes (4 Miles)	35 - 45 Minutes	45 Minutes (4 Miles)	45 - 50 Minutes	Rest	8 Miles	Rest	May 22, 2011
13	35 Minutes (3 Miles)	35 - 45 Minutes	35 Minutes (3 Miles)	45 - 50 Minutes	Rest	6 Miles	Rest	May 29, 2011
14	30 Minutes (3 Miles)	30 Minutes	30 Minutes (3 Miles)	Rest	Rest	13.1 Miles <b>RACE DAY!</b>	Rest	June 5, 2011