

## MOJO Twin Cities Half Marathon program

**Cross-training:** Bike, swim, do strength training, take a fitness class, or participate in any form of exercise other than walking/running. **Rest:** Give your legs a break and don't engage in heavy exercise. However, spend some time stretching or foam rolling to keep your muscles limber and healthy.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<u>6/05</u> Rest/XT	<u>6/06</u> 3-5M	<u>6/07</u> XT	<u>6/08</u> 4M Free	<u>6/09</u> Rest	<u>6/10</u> 3-5mi	<u>6/11</u> 30-45min Recovery
2	<u>6/12</u> Rest/XT	<u>6/13</u> 3-5M	<u>6/14</u> XT	<u>6/15</u> 4M Free	<u>6/16</u> Rest	<u>6/17</u> 4-6M	<u>6/18</u> 30-45min Recovery
3	<u>6/19</u> Rest/XT	<u>6/20</u> 4-5M/SP	<u>6/21</u> XT	<u>6/22</u> 4M Free	<u>6/23</u> Rest	<u>6/24</u> 4-6M	<u>6/25</u> 35-50min Recovery
4	<u>6/26</u> Rest/XT	<u>6/27</u> 4-5M/SP	<u>6/28</u> XT	<u>6/29</u> 35-50min Tempo	<u>6/30</u> Rest	<u>7/1</u> 5-7M	<u>7/2</u> 35-50min Recovery
5	<u>7/3</u> Rest/XT	<u>7/4</u> Speed	<u>7/5</u> XT	<u>7/6</u> 5M Free	<u>7/7</u> Rest	<u>7/8</u> 6-8M	<u>7/9</u> 35-55min Recovery
6	<u>7/10</u> Rest/XT	<u>7/11</u> 4-7M/SP	<u>7/12</u> XT	<u>7/13</u> 35-50min Tempo	<u>7/14</u> Rest	<u>7/15</u> 7-9M	<u>7/16</u> 40-55min Recovery
7	<u>7/17</u> Rest/XT	<u>7/18</u> 4-7M/SP	<u>7/19</u> XT	<u>7/20</u> 40-60M Tempo	<u>7/21</u> Rest	<u>7/22</u> 7-9M	<u>7/23</u> 45-60min Recovery
8	<u>7/24</u> Rest/XT	<u>7/25</u> 4-7M/SP	<u>7/26</u> XT	<u>7/27</u> 40-60min Tempo	<u>7/28</u> Rest	<u>7/29</u> 8-10M	<u>7/30</u> 45-60min Recovery
9	<u>7/31</u> Rest/XT	<u>8/1</u> Speed	<u>8/2</u> XT	<u>8/3</u> 4M Free	<u>8/4</u> Rest	<u>8/5</u> 8-10M	<u>8/6</u> 30-40min Recovery
10	<u>8/7</u> Rest/XT	<u>8/8</u> 4-7M/SP	<u>8/9</u> XT	<u>8/10</u> 30-50min Tempo	<u>8/11</u> Rest	<u>8/12</u> 8-10M	<u>8/13</u> 30-40min Recovery
11	<u>8/14</u> Rest/XT	<u>8/15</u> 4-7M/SP	<u>8/16</u> XT	<u>8/17</u> 35-50min Tempo	<u>8/18</u> Rest	<u>8/19</u> 8-10M	<u>8/20</u> 30-50min Recovery
12	<u>8/21</u> Rest/XT	<u>8/22</u> 4-7M/SP	<u>8/23</u> XT	<u>8/24</u> 5M Free	<u>8/25</u> Rest	<u>8/26</u> 6-8M	<u>8/27</u> 45-60min Recovery
13	<u>8/28</u> Rest/XT	<u>8/29</u> Speed	<u>8/30</u> XT	<u>8/31</u> 4M Free	<u>9/1</u> Rest	<u>9/2</u> 9-12M	<u>9/3</u> 30-50min Recovery
14	<u>9/4</u> Rest/XT	<u>9/5</u> 4-6M/SP	<u>9/6</u> XT	<u>9/7</u> 4M Free	<u>9/8</u> Rest	<u>9/9</u> 12M	<u>9/10</u> 40-60min Recovery
15	<u>9/11</u> Rest/XT	<u>9/12</u> 4-5M/SP	<u>9/13</u> XT	<u>9/14</u> 30-45min Tempo	<u>9/15</u> Rest	<u>9/16</u> 6-8M	<u>9/17</u> 45-60min Recovery
16	<u>9/18</u> Rest/XT	<u>9/19</u> 3-5M/SP	<u>9/20</u> XT	<u>9/21</u> 3M Easy	<u>9/22</u> Rest	<u>9/23</u> 4-5M	<u>9/24</u> 30-50min Recovery
17	<u>9/25</u> Rest	<u>9/26</u> 3-4M	<u>9/27</u> Rest	<u>9/28</u> 3M Easy	<u>9/29</u> Rest	<u>9/30</u> Rest	<u>9/1</u> Twin Cities!