

## Disney Princess Half Marathon Training Plan 2013

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>1</b> Dec 3 -9	XTrain + Strength	4m run	5x 400 at 5K Pace	4m run	XTrain + Strength	6m LSD	Rest/Yoga
<b>2</b> Dec 10-16	XTrain + Strength	4m run	30 min tempo	4m run	XTrain + Strength	7m LSD	Rest/Yoga
<b>3</b> Dec 17 - 23	XTrain + Strength	4.5m run	6x400 at 5K Pace	4m run	XTrain + Strength	7m LSD	Rest/Yoga
<b>4</b> Dec 24 - 30	XTrain + Strength	4.5m run	40 min tempo	4m run	XTrain + Strength	8m LSD	Rest/Yoga
<b>5</b> Dec 31 - Jan 6	XTrain + Strength	4m run	7x400 at 5K Pace	4m run	XTrain + Strength	8m LSD	Rest/Yoga
<b>6</b> Jan 7 - 13	XTrain + Strength	4m run	40 min tempo	4m run	XTrain + Strength	9m LSD	Rest/Yoga
<b>7</b> Jan 14 - 20	XTrain + Strength	5m run	8x400 at 5K Pace	4m run	XTrain + Strength	10m LSD	Rest/Yoga
<b>8</b> Jan 21 - 27	XTrain + Strength	5m run	40 min tempo	4m run	XTrain + Strength	10m LSD	Rest/Yoga
<b>9</b> Jan 28 - Feb 3	XTrain + Strength	5m run	9x400 at 5K Pace	4m run	XTrain + Strength	11m LSD	Rest/Yoga
<b>10</b> Feb 4 - 10	XTrain + Strength	5m run	45 min tempo	4m run	XTrain + Strength	12m LSD	Rest/Yoga
<b>11</b> Feb 11 - 17	XTrain + Strength	5m run	10x400 at 5K Pace	4m run	XTrain + Strength	8m LSD	Rest/Yoga
<b>12</b> Feb 18 - 24	XTrain + Strength	4m run	30min tempo run	4m run	XTrain + Strength	Yoga	<b>RACE!!!</b>