



**One More**  
Making dreams come true

## WALT DISNEY WORLD PRINCESS HALF

Week	Date	Monday	Tuesday	Wednesday
Week 1	30-Nov	3 M Tempo	Yoga	4 M Tempi
Week 2	7-Dec	3 M Tempo	Yoga	6 M Tempo
Week 3	14-Dec	4 M Tempo	Yoga	1 M warmup, 4 X 800
Week 4	21-Dec	4 M Tempo	Yoga	2 M easy, 4 X 800
Week 5	28-Dec	5 M Tempo	Yoga	2 M easy, 4X 800
Week 6	4-Jan	5 M Tempo	Yoga	1 M easy, 4 X 1600
Week 7	11-Jan	6 M Tempo	Yoga	1 M easy, 6 X 800
Week 8	18-Jan	6 M Tempo	Yoga	2 M easy, 8 X 800
Week 9	25-Jan	6 M Tempo	Yoga	2 M easy, 8 X 800
Week 10	1-Feb	6 M Tempo	Yoga	2 M easy, 8 X 800
Week 11	8-Feb	6 M Tempo	Yoga	2 M easy, 8 X 800
Week 12	15-Feb	3 M easy	Yoga	3 M easy

# PHER RUNNER

me true...one mile at a time

MARATHON TRAINING PLAN			
Thursday	Friday	Saturday	Sunday
3-4 M Easy	Weights / Cross Tr	LSR - 6	Rest
3-4 M Easy	Weights / Cross Tr	LSR - 7	Rest
3-4 M Easy	Weights / Cross Tr	LSR - 8	Rest
3-4 M Easy	Weights / Cross Tr	LSR - 9	Rest
3-4 M Easy	Weights / Cross Tr	LSR - 10	Rest
3-4 M Easy	Weights / Cross Tr	LSR - 7	Rest
3-4 M Easy	Weights / Cross Tr	LSR - 12	Rest
3-4 M Easy	Weights / Cross Tr	LSR - 13	Rest
3-4 M Easy	Weights / Cross Tr	LSR - 14	Rest
3-4 M Easy	Weights / Cross Tr	LSR - 8	Rest
3-4 M Easy	Weights / Cross Tr	LSR - 7	Rest
3-4 M Easy	Rest	10K	Race Day