

| Week Beginning | S      | M | T                      | W | Th | F    | S    |
|----------------|--------|---|------------------------|---|----|------|------|
| 7.11           | Xtrain | 4 | Speed (beginner: Rest) | 4 | 4  | Rest | 6    |
| 7.18           | Xtrain | 4 | Speed (beginner: Rest) | 4 | 5  | Rest | 7    |
| 7.25           | Xtrain | 4 | Speed (beginner: Rest) | 4 | 4  | Rest | 8    |
| 8.1            | Xtrain | 3 | Speed (beginner: Rest) | 5 | 5  | Rest | 9    |
| 8.8            | Xtrain | 3 | Speed (beginner: Rest) | 5 | 5  | Rest | 10   |
| 8.15           | Xtrain | 3 | Speed (beginner: Rest) | 4 | 5  | Rest | 11   |
| 8.22           | Xtrain | 3 | Speed (beginner: Rest) | 6 | 3  | Rest | 12   |
| 8.29           | Xtrain | 3 | Speed (beginner: Rest) | 5 | 3  | Rest | 14   |
| 9.5            | Xtrain | 3 | Speed (beginner: Rest) | 6 | 3  | Rest | 10   |
| 9.12           | Xtrain | 3 | Speed (beginner: Rest) | 5 | 3  | Rest | 15   |
| 9.19           | Xtrain | 3 | Speed (beginner: Rest) | 7 | 3  | Rest | 15   |
| 9.26           | Xtrain | 4 | Speed (beginner: Rest) | 7 | 4  | Rest | 16   |
| 10.3           | Xtrain | 4 | Speed (beginner: Rest) | 6 | 4  | Rest | 10   |
| 10.10          | Xtrain | 4 | Speed (beginner: Rest) | 8 | 4  | Rest | 16   |
| 10.17          | Xtrain | 4 | Speed (beginner: Rest) | 9 | 4  | Rest | 18   |
| 10.24          | Xtrain | 5 | Speed (beginner: Rest) | 5 | 3  | Rest | 16   |
| 10.31          | Xtrain | 3 | Speed (beginner: Rest) | 5 | 5  | Rest | 19   |
| 11.7           | Xtrain | 6 | Speed (beginner: Rest) | 7 | 6  | Rest | 12   |
| 11.14          | Xtrain | 5 | Speed (beginner: Rest) | 7 | 5  | Rest | 16   |
| 11.21          | Xtrain | 4 | Speed (beginner: Rest) | 5 | 4  | Rest | 20   |
| 11.28          | Xtrain | 4 | Rest                   | 4 | 3  | Rest | 8    |
| 12.5           | Xtrain | 4 | Rest                   | 4 | 3  | Rest | 26.2 |

|  |        |   | 13.1 Training Plan 2026 |   |    |      |      |
|-----------------------------------------------------------------------------------|--------|---|-------------------------|---|----|------|------|
| Week Beginning                                                                    | S      | M | T                       | W | Th | F    | S    |
| 7.11                                                                              | Xtrain | 3 | Speed (beginner: Rest)  | 3 | 3  | Rest | 3    |
| 7.18                                                                              | Xtrain | 3 | Speed (beginner: Rest)  | 3 | 3  | Rest | 4    |
| 7.25                                                                              | Xtrain | 3 | Speed (beginner: Rest)  | 4 | 3  | Rest | 4    |
| 8.1                                                                               | Xtrain | 3 | Speed (beginner: Rest)  | 4 | 4  | Rest | 5    |
| 8.8                                                                               | Xtrain | 3 | Speed (beginner: Rest)  | 3 | 3  | Rest | 5    |
| 8.15                                                                              | Xtrain | 3 | Speed (beginner: Rest)  | 3 | 3  | Rest | 6    |
| 8.22                                                                              | Xtrain | 3 | Speed (beginner: Rest)  | 3 | 3  | Rest | 6    |
| 8.29                                                                              | Xtrain | 3 | Speed (beginner: Rest)  | 4 | 3  | Rest | 7    |
| 9.5                                                                               | Xtrain | 3 | Speed (beginner: Rest)  | 4 | 3  | Rest | 5    |
| 9.12                                                                              | Xtrain | 3 | Speed (beginner: Rest)  | 5 | 3  | Rest | 7    |
| 9.19                                                                              | Xtrain | 3 | Speed (beginner: Rest)  | 5 | 3  | Rest | 8    |
| 9.26                                                                              | Xtrain | 4 | Speed (beginner: Rest)  | 3 | 4  | Rest | 8    |
| 10.3                                                                              | Xtrain | 5 | Speed (beginner: Rest)  | 5 | 5  | Rest | 10   |
| 10.10                                                                             | Xtrain | 5 | Speed (beginner: Rest)  | 6 | 5  | Rest | 8    |
| 10.17                                                                             | Xtrain | 4 | Speed (beginner: Rest)  | 5 | 4  | Rest | 11   |
| 10.24                                                                             | Xtrain | 5 | Speed (beginner: Rest)  | 6 | 5  | Rest | 8    |
| 10.31                                                                             | Xtrain | 3 | Speed (beginner: Rest)  | 5 | 5  | Rest | 12   |
| 11.7                                                                              | Xtrain | 5 | Speed (beginner: Rest)  | 6 | 5  | Rest | 6    |
| 11.14                                                                             | Xtrain | 5 | Speed (beginner: Rest)  | 5 | 5  | Rest | 8    |
| 11.21                                                                             | Xtrain | 5 | Speed (beginner: Rest)  | 3 | 5  | Rest | 13   |
| 11.28                                                                             | Xtrain | 3 | Speed (beginner: Rest)  | 2 | 2  | Rest | 4    |
| 12.5                                                                              | Xtrain | 3 | Rest                    | 2 | 2  | Rest | 13.1 |

## Breakaway Half/Full Training Plan Notes

| This suggested training plans are for those wanting to finish their race in race day. If you are a more experienced runner feel free to adjust The Plan to your level.                                                              |  |  |  |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
|                                                                                                                                                                                                                                     |  |  |  |  |
| The key to any proper training is to go easy/shorter on easy days in order to be rested and ready to go longer on those days.                                                                                                       |  |  |  |  |
|                                                                                                                                                                                                                                     |  |  |  |  |
| Xtrain = cross training day. Walk, swim, bike, etc other than running.This gives your legs a bit of a break.                                                                                                                        |  |  |  |  |
|                                                                                                                                                                                                                                     |  |  |  |  |
| Speed means to run faster. If you are new to running rest is recommended. Paul Sax's FREE Tuesday Night Track workout, 6pm University Of Memphis Fieldhouse Track is a great way to work on speed. Beginners and all paces welcome. |  |  |  |  |
|                                                                                                                                                                                                                                     |  |  |  |  |
| 5MC - the Overton Park 5 Mile Classic. Oct. 25 is a good time to break up the long slow runs with a race.                                                                                                                           |  |  |  |  |
|                                                                                                                                                                                                                                     |  |  |  |  |
| Rest means just that.                                                                                                                                                                                                               |  |  |  |  |
|                                                                                                                                                                                                                                     |  |  |  |  |
| Train smart to reach your race goal!                                                                                                                                                                                                |  |  |  |  |