



Baylor Scott & White BCS Half Marathon Training Plan 2020

September 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STAY STRONG! YOU'VE GOT THIS!						
		1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21 REST	22 3 MILES	23 2 MILES	24 3 MILES	25 REST	26 4 MILES
27 CROSS TRAIN	28 REST	29 3 MILES	30 2 MILES			

1

2

If you have any training questions, email us at training@bcsmarathon.com



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October 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3 MILES	2 REST	3 4 MILES
2						
3	4 CROSS TRAIN	5 REST	6 3.5 MILES	7 2 MILES	8 3.5 MILES	9 REST
						10 5 MILES
4	11 CROSS TRAIN	12 REST Columbus Day	13 3.5 MILES	14 2 MILES	15 3.5 MILES	16 REST
						17 5 MILES
5	18 CROSS TRAIN	19 REST	20 4 MILES	21 2 MILES	22 4 MILES	23 REST
						24 6 MILES
6	25 CROSS TRAIN	26 REST	27 4 MILES	28 2 MILES	29 4 MILES	30 REST
						31 3 MILES HALLOWEEN

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November 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		KEEP PUSHING!				
7 1 CROSS TRAIN	2 REST	3 4.5 MILES	4 3 MILES	5 4.5 MILES	6 REST	7 7 MILES
8 8 CROSS TRAIN	9 REST	10 4.5 MILES	11 3 MILES VETERANS DAY	12 4.5 MILES	13 REST	14 8 MILES
9 15 CROSS TRAIN	16 REST	17 5 MILES	18 3 MILES	19 5 MILES	20 REST	21 6 MILES
10 22 CROSS TRAIN	23 REST	24 5 MILES	25 3 MILES	26 5 MILES THANKSGIVING	27 REST	28 9 MILES
11 29 CROSS TRAIN	30 REST					

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December 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	WELCOME TO RACE MONTH!					
		1 5 MILES	2 3 MILES	3 5 MILES	4 REST	5 10 MILES
6 CROSS TRAIN	7 REST	8 4 MILES	9 3 MILES	10 2 MILES	11 REST	12 REST
		RACE WEEK!				
13 RACE DAY! 	14 7 MAJOR REST!!	CONGRATULATIONS!!!			18	19
20	21	22	23	24	25 MERRY CHRISTMAS	26
27	28	29	30	31		

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