



Baylor Scott & White BCS Half Marathon Training Plan 2021

September 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STAY STRONG! YOU'VE GOT THIS!						
			1	2	3	4
5	6 Labor Day	7	8	9	12	11
12	13	14	15	16	17	18
19	20 REST	21 3 MILES	22 2 MILES	23 3 MILES	24 REST	25 4 MILES
26 CROSS TRAIN	27 REST	28 3 MILES	29 2 MILES	30 3 MILES		

1

2

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



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October 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2					1 REST	2 4 MILES
3 CROSS TRAIN	4 REST	5 3.5 MILES	6 2 MILES	7 3.5 MILES	8 REST	9 5 MILES
4 CROSS TRAIN	11 REST Columbus Day	12 3.5 MILES	13 2 MILES	14 3.5 MILES	15 REST	16 5 MILES
5 CROSS TRAIN	18 REST	19 4 MILES	20 2 MILES	21 4 MILES	22 REST	23 6 MILES
6 CROSS TRAIN	25 REST	26 4 MILES	27 2 MILES	28 4 MILES	29 REST	30 3 MILES HALLOWEEN
7 CROSS TRAIN						

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November 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		KEEP PUSHING!				
7	1 REST	2 4.5 MILES	3 3 MILES	4 4.5 MILES	5 REST	6 7 MILES
8	7 CROSS TRAIN	8 REST	9 4.5 MILES	10 3 MILES VETERANS DAY	11 4.5 MILES	12 REST
9	14 CROSS TRAIN	15 REST	16 5 MILES	17 3 MILES	18 5 MILES	19 REST
10	21 CROSS TRAIN	22 REST	23 5 MILES	24 3 MILES	25 5 MILES THANKSGIVING	26 REST
11	28 CROSS TRAIN	29 REST	30 5 MILES			27 9 MILES

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December 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	WELCOME TO RACE MONTH!					
11			1 3 MILES	2 5 MILES	3 REST	4 10 MILES
12	5 CROSS TRAIN	6 REST	7 4 MILES	8 3 MILES	9 2 MILES	10 REST
		RACE WEEK!				
	12 RACE DAY! 	13 7 MAJOR REST!!	CONGRATULATIONS!!!			18
19	20	21	22	23	24	25 Merry Christmas!
26	27	28	29	30		

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