



# Baylor Scott & White BCS Half Marathon Training Plan 2022

September 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STAY STRONG! YOU'VE GOT THIS!						
				1	2	3
4	5 Labor Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19 REST	20 3 MILES	21 2 MILES	22 3 MILES	23 REST	24 4 MILES
25 CROSS TRAIN	26 REST	27 3 MILES	28 2 MILES	29 3 MILES	30 REST	

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October 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 4 MILES
2 CROSS TRAIN	3 REST	4 3.5 MILES	5 2 MILES	6 3.5 MILES	7 REST	8 5 MILES
9 CROSS TRAIN	10 REST Columbus Day	11 3.5 MILES	12 2 MILES	13 3.5 MILES	14 REST	15 5 MILES
16 CROSS TRAIN BCS Oktoberfest Half Marathon & 10K	17 REST	18 4 MILES	19 2 MILES	20 4 MILES	21 REST	22 6 MILES
23 CROSS TRAIN	24 REST	25 4 MILES	26 2 MILES	27 4 MILES	28 REST	29 3 MILES
30 CROSS TRAIN	31 REST Halloween					

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November 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>KEEP PUSHING!</b>				
<b>7</b>		<b>1</b> 4.5 MILES	<b>2</b> 3 MILES	<b>3</b> 4.5 MILES	<b>4</b> REST	<b>5</b> 7 MILES
<b>8</b>	<b>6</b> CROSS TRAIN	<b>7</b> REST	<b>8</b> 4.5 MILES	<b>9</b> 3 MILES <b>VETERANS DAY</b>	<b>10</b> 4.5 MILES	<b>11</b> REST
<b>9</b>	<b>13</b> CROSS TRAIN	<b>14</b> REST	<b>15</b> 5 MILES	<b>16</b> 3 MILES	<b>17</b> 5 MILES	<b>18</b> REST
<b>10</b>	<b>20</b> CROSS TRAIN	<b>21</b> REST	<b>22</b> 5 MILES	<b>23</b> 3 MILES	<b>24</b> 5 MILES BCS Turkey Trot 5K <b>THANKSGIVING</b>	<b>25</b> REST
<b>11</b>	<b>27</b> CROSS TRAIN	<b>28</b> REST	<b>29</b> 5 MILES	<b>30</b> 3 MILES		<b>26</b> 9 MILES

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# Baylor Scott & White BCS Half Marathon Training Plan 2022

December 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	WELCOME TO RACE MONTH!					
				<b>1</b> 5 MILES	<b>2</b> REST	<b>3</b> 10 MILES
<b>4</b> CROSS TRAIN	<b>5</b> REST	<b>6</b> 4 MILES	<b>7</b> 3 MILES	<b>8</b> 2 MILES	<b>9</b> REST	<b>10</b> REST
	<b>RACE WEEK!</b>					
<b>11</b> RACE DAY! 	<b>12</b> <b>7</b> MAJOR REST!!	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>CONGRATULATIONS!!!</b>						
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> Merry Christmas!	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

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