



Baylor Scott & White BCS Half Marathon Training Plan 2023

September 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STAY STRONG! YOU'VE GOT THIS!						
					1	2
3	4 Labor Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18 REST	19 3 MILES	20 2 MILES	21 3 MILES	22 REST	23 4 MILES
24 CROSS TRAIN	25 REST	26 3 MILES	27 2 MILES	28 3 MILES	29 REST	30 4 MILES

1

2

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



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October 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2						
3	1 CROSS TRAIN	2 REST	3 3.5 MILES	4 2 MILES	5 3.5 MILES	6 REST
4	8 CROSS TRAIN	9 REST Columbus Day	10 3.5 MILES	11 2 MILES	12 3.5 MILES	13 REST
5	15 CROSS TRAIN BCS Oktoberfest Half Marathon & 10K	16 REST	17 4 MILES	18 2 MILES	19 4 MILES	20 REST
6	22 CROSS TRAIN	23 REST	24 4 MILES	25 2 MILES	26 4 MILES	27 REST
7	29 CROSS TRAIN	30 REST	31 4.5 MILES Halloween			

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November 2023							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		KEEP PUSHING!					
7			1 3 MILES	2 4.5 MILES	4 REST	4 7 MILES	
8	5 CROSS TRAIN	6 REST	7 4.5 MILES	8 3 MILES VETERANS DAY	9 4.5 MILES	10 REST	11 8 MILES
9	12 CROSS TRAIN	13 REST	14 5 MILES	15 3 MILES	16 5 MILES	17 REST	18 6 MILES
10	19 CROSS TRAIN	20 REST	21 5 MILES	22 3 MILES	23 5 MILES BCS Turkey Trot 5K THANKSGIVING	24 REST	25 9 MILES
11	26 CROSS TRAIN	27 REST	28 5 MILES	29 3 MILES	30 5 MILES		

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December 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	WELCOME TO RACE MONTH!					
					1 REST	2 10 MILES
3 CROSS TRAIN	4 REST	5 4 MILES	6 3 MILES	7 2 MILES	8 REST	9 REST
	RACE WEEK!					
10 RACE DAY! 	11 MAJOR REST!!	CONGRATULATIONS!!!			15	16
17	18	19	20	21	22	23
24	25 Merry Christmas!	25	27	28	30	30

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