



Half Marathon Recovery Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
Recovery Week 1	0	0	0	0	0	0	0	0
Recovery Week 2	0	0	0	0	2	0	2	4
Recovery Week 3	0	3	0	3	0	2	4	12
Recovery Week 4	0	3	5	0	4	0	6	18
Recovery Week 5	0	4	6	0	3	4	6	23
Recovery Week 6	Resume Normal Training							

Full Marathon Recovery Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
Recovery Week 1	0	0	0	0	0	0	0	0
Recovery Week 2	0	0	0	0	2	0	2	4
Recovery Week 3	0	3	0	4	0	3	5	15
Recovery Week 4	0	4	6	0	6	0	8	24
Recovery Week 5	0	5	8	0	4	5	8	30
Recovery Week 6	Resume Normal Training							