

## My Guidelines:

Run or Run/Walk three days a week to complete an October half marathon.

Do PiYo as strength, stretch and cross-training.

On Run Days, do PiYo after the run as a stretch and cool-down.

On Long Run Saturdays I will do a few quick PiYo moves as a stretch & cooldown.

Some of the PiYo workouts are re-arranged so that more intense workouts are not on running days.

The official PiYo Strength Calendar has been stretched out a few weeks to accommodate the intensity of half marathon training.

Option to take short walks if legs are up to it on "lighter workout" days.

## PIYO STRENGTH & HALF MARATHON TRAINING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	3 MILES Align: The Fundamentals	Define: Lower Body <i>1-2 mile walk</i>	4 MILES Define: Upper Body	Sweat	REST	8 MILES <i>Stretch</i>	Define: Lower & Upper Body
Week 2	3 MILES Sweat	Core	4 MILES Define: Upper Body	Sweat	REST	8 MILES <i>Stretch</i>	Define: Upper Body <i>1-2 mile walk</i>
Week 3	3 MILES Buns	Sweat <i>1-2 mile walk</i>	4 MILES Core	Strength Intervals	REST	6 MILES <i>Stretch</i>	Full Body Blast <i>1-2 mile walk</i>
Week 4	3 MILES Strength Intervals	Hardcore on the Floor <i>1-2 mile walk</i>	4 MILES Full Body Blast	Drench	REST	9 MILES <i>Stretch</i>	Strong Legs <i>1-2 mile walk</i>
Week 5	3 MILES Sweat	Full Body Blast <i>1-2 mile walk</i>	4 MILES Core	Sweat	REST	9 MILES <i>Stretch</i>	Drench <i>1-2 mile walk</i>
Week 6	3 MILES Strong Legs	Sculpt <i>1-2 mile walk</i>	5 MILES <i>Stretch</i>	Drench	REST	7 MILES <i>Stretch</i>	Hardcore on the Floor <i>1-2 mile walk</i>
Week 7	3 MILES Buns	Strength Intervals	4 MILES <i>Stretch</i>	Full Body Blast	REST	10 MILES <i>Stretch</i>	Sweat <i>1-2 mile walk</i>

Enjoy a Free  
Printable!  
 Jacqui\*

Weigh to MAINTAIN  
Life after the diet. Keeping the weight off while keeping my sanity.

## Note:

This calendar is my personal plan and is meant as an example only.

I'm coming from a base of 3-4 miles twice a week with a recent long run of 7.5 miles.

Beginners or those new to training for a half marathon would have to start with shorter walk/runs, particularly the Saturday long run.

Many training plans have more than three run days and higher weekly mileage but I have to work around bad knees and three days is all I can manage :)

PiYo will be officially complete (if all goes well) at the end of Week 10. I will just randomly rotate my fave workouts after that point.

## PIYO STRENGTH & HALF MARATHON TRAINING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	3 MILES Sculpt	Sweat	4 MILES Stretch	Hardcore on the Floor	REST	8 MILES Stretch	Strong Legs 1-2 mile walk
Week 9	3 MILES Full Body Blast	Drench	5 MILES Stretch	Drench	REST	10 MILES Stretch	Buns or Strong Legs 1-2 mile walk
Week 10	3 MILES Sweat	Strength Intervals 1-2 mile walk	4 MILES Stretch	Sculpt or Full Body Blast	REST	7 MILES Stretch	Drench— <b>PIYO COMPLETE!!</b>
Week 11	3 MILES Strength Intervals	Hardcore on the Floor 1-2 mile walk	5 MILES Stretch	Drench	REST	11 MILES Stretch	Strong Legs 1-2 mile walk
Week 12	3 MILES Sweat	Full Body Blast 1-2 mile walk	5 MILES Stretch	Drench	REST	9 MILES Stretch	Sweat
Week 13	3 MILES Hardcore on the Floor	Drench	5 MILES Stretch	Strength Intervals	REST	6 MILES Stretch	Full Body Blast 1-2 mile walk
Week 14	3 MILES Sculpt	Drench	4 MILES Stretch	Sweat	REST	HAPPY HALF MARATHON DAY!	Stretch & Relax!