



NORTHSHORE
HALF MARATHON

HALF MARATHON TRAINING CALENDAR

JULY 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Week 1 Walk 10 minutes, 3 miles easy	21 Walk 15 minutes, strength/mobility	22 4 miles easy	23 Walk 10 minutes, 3 miles easy, walk 5 minutes	24 Rest	25 4 miles easy
26 Rest	27 Week 2 Walk 10 minutes, 3.5 miles easy	28 Walk 15 minutes, strength/mobility	29 4 miles easy	30 Walk 10 minutes, 3 miles easy, walk 5 minutes	31 Rest	



NORTHSHORE
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AUGUST 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 5 miles easy
2 Rest	3 Walk 10 minutes, 4 miles easy + 4 striders	4 Walk 15 minutes, strength/mobility	5 4.5 miles easy	6 Walk 10 minutes, 3 miles easy, walk 5 minutes	7 Rest	8 6 miles easy
9 Rest	10 Walk 10 minutes, 3 miles easy + 4 striders	11 Walk 15 minutes, strength/mobility	12 4 miles easy	13 Walk 10 minutes, 3 miles easy, walk 5 minutes	14 Rest	15 4 miles easy
16 Rest	17 Walk 10 minutes, 4 miles easy + 4 striders	18 Walk 15 minutes, strength/mobility	19 5 miles easy	20 Walk 10 minutes, 3.5 miles easy, walk 5 minutes	21 Rest	22 7 miles easy
23 Rest	24 Walk 10 minutes, 4 miles easy + 5 striders	25 Walk 15 minutes, strength/mobility	26 5 miles easy	27 Walk 10 minutes, 3.5 miles easy, walk 5 minutes	28 Rest	29 8 miles easy
30 Rest	31 Walk 10 minutes, 4 miles easy + 5 striders					



NORTHSHORE
HALF MARATHON

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SEPTEMBER 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Walk 15 minutes, strength/mobility	2 4 miles easy	3 Walk 10 minutes, 3 miles easy, walk 5 minutes	4 Rest	5 5 miles easy
6 Rest	7 Walk 10 minutes, 4 miles easy + 5 striders	8 Walk 15 minutes, strength/mobility	9 5 miles easy	10 Walk 10 minutes, 4 miles easy, walk 5 minutes	11 Rest	12 9 miles easy
13 Rest	14 Walk 10 minutes, 4.5 miles easy + 5 striders	15 Walk 15 minutes, strength/mobility	16 5 miles easy	17 Walk 10 minutes, 4 miles easy, walk 5 minutes	18 Rest	19 10 miles easy
20 Rest	21 Walk 10 minutes, 5 miles easy + 5 striders	22 Walk 15 minutes, strength/mobility	23 6 miles easy	24 Walk 10 minutes, 4 miles easy, walk 5 minutes	25 Rest	26 11 miles easy
27 Rest	28 Walk 10 minutes, 3 miles easy, walk 5 minutes	29 Walk 15 minutes, strength/mobility	30 3.5 miles easy + 4 striders			



NORTHSHORE
HALF MARATHON

HALF MARATHON TRAINING CALENDAR

OCTOBER 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Walk 10 minutes, 3 miles easy, walk 5 minutes	2 Rest	3 5 miles easy
4 Rest	5 Walk 10 minutes, 2.5 miles easy	6 Walk 15 minutes, strength/mobility	7 2 miles easy + 4 striders	8 Walk 10 minutes, 2 miles easy, walk 5 minutes	9 Rest	10 15 minute walk/shake out
11 RACE DAY!	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31