## 2019 SPIRIT OF SURVIVAL
### HALF MARATHON TRAINING PLAN

<table>
<thead>
<tr>
<th>WK</th>
<th>DATE</th>
<th>MON</th>
<th>TUE</th>
<th>WEDS</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>July 15-21</td>
<td>2 m or 20–25 Min</td>
<td>2 m or XT</td>
<td>Rest or Run/ walk</td>
<td>3 m or 30–35 Min</td>
<td>Rest</td>
<td>4 m or 40–45 Min</td>
<td>XT 20-25 Min</td>
</tr>
<tr>
<td>2</td>
<td>July 22-28</td>
<td>3 m or 30–40 Min</td>
<td>2 m or XT</td>
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<td>3 m or 30–40 Min</td>
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<td>4 m or 40–45 Min</td>
<td>XT 25–30 Min</td>
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<td>5 m or 50–55 Min</td>
<td>XT 25–30 Min</td>
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<td>Rest</td>
<td>5 m or 50–55 Min</td>
<td>XT 25–30 Min</td>
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<td>4 m or 40–45 Min</td>
<td>Rest</td>
<td>6 m or 60–65 Min</td>
<td>XT 25-30 Min</td>
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<td>8 m or 80–90 Min</td>
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<td>Rest</td>
<td>10 m or 100-105 Min</td>
<td>XT 45–60 Min</td>
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<td>3 m or XT</td>
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<td>5 m or 50-55 Min</td>
<td>Rest</td>
<td>10 m or 100-105 Min</td>
<td>XT 45–60 Min</td>
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<tr>
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<td>Rest or Run/ walk</td>
<td>5 m or 50-55 Min</td>
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<td>8 m or 80–90 Min</td>
<td>XT 45–60 Min</td>
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<tr>
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<td>Rest or Run/ walk</td>
<td>4 m or 40-45 Min</td>
<td>Rest</td>
<td>Walk 10–20 Min</td>
<td><strong>SOS HALF MARATHON</strong></td>
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</tbody>
</table>

*<m> = Miles     *<Min> = Minutes    *<XT> = Cross Training

Cross Training is any activity other than running. Some of the best are swimming, biking, walking, deep water running, elliptical trainer, and the stair stepper.
<table>
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<th>SUN</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>July 15 - 21</td>
<td>Rest or Run/walk</td>
<td>0.5 m or 5 – 10 Min</td>
<td>XT</td>
<td>0.5 m or 5 – 10 Min</td>
<td>Rest</td>
<td>1 m or 10–15 Min</td>
<td>XT 20-25 Min</td>
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<td>XT</td>
<td>0.5 m or 5 – 10 Min</td>
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<td>1.5 m or 15–20 Min</td>
<td>XT 20-25 Min</td>
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<td>July 29 - Aug 4</td>
<td>Rest or Run/walk</td>
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<td>XT</td>
<td>1 m or 10 – 15 Min</td>
<td>Rest</td>
<td>2 m or 20–25 Min</td>
<td>XT 20-25 Min</td>
</tr>
<tr>
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<td>Aug 5 - 11</td>
<td>Rest or Run/walk</td>
<td>1 m or 10 – 15 Min</td>
<td>XT</td>
<td>1 m or 10 – 15 Min</td>
<td>Rest</td>
<td>2.5 m or 25–30 Min</td>
<td>XT 20-25 Min</td>
</tr>
<tr>
<td>5</td>
<td>Aug 12 - 18</td>
<td>Rest or Run/walk</td>
<td>1 m or 10 – 15 Min</td>
<td>XT</td>
<td>1.5 m or 15–20 Min</td>
<td>Rest</td>
<td>3 m or 30–35 Min</td>
<td>XT 20-25 Min</td>
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<td>2 m or 20–25 Min</td>
<td>Rest</td>
<td>3.5 m or 35–40 Min</td>
<td>XT 25–30 Min</td>
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<td>Aug 26 - Sept 1</td>
<td>Rest or Run/walk</td>
<td>1.5 m or 15–20 Min</td>
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<td>2.5 m or 25–30 Min</td>
<td>Rest</td>
<td>4 m or 40–45 Min</td>
<td>XT 30–40 Min</td>
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<td>Rest</td>
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<td>XT 30–45 Min</td>
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<td>9</td>
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<td>Rest or Run/walk</td>
<td>1.75 m or 18–23 Min</td>
<td>XT</td>
<td>3 m or 30–35 Min</td>
<td>Rest</td>
<td>5 m or 50–55 Min</td>
<td>XT 45–60 Min</td>
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<td>Sept 16 - 22</td>
<td>Rest or Run/walk</td>
<td>2 m or 20–25 Min</td>
<td>XT</td>
<td>3 m or 30–35 Min</td>
<td>Rest</td>
<td>5.5 m or 55–60 Min</td>
<td>XT 45–60 Min</td>
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<tr>
<td>11</td>
<td>Sept 23 - 29</td>
<td>Rest or Run/walk</td>
<td>2.5 m or 25–30 Min</td>
<td>XT</td>
<td>3 m or 30–35 Min</td>
<td>Rest</td>
<td>6 m or 60–65 Min</td>
<td>XT 45–60 Min</td>
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<tr>
<td>12</td>
<td>Sept 30 - Oct 6</td>
<td>Rest or Run/walk</td>
<td>3 m or 30–35 Min</td>
<td>XT</td>
<td>2 m or 20–25 Min</td>
<td>Rest</td>
<td>Walk 10–20 Min</td>
<td>SOS Quarter Marathon</td>
</tr>
</tbody>
</table>

* = Miles  
*Min = Minutes  
*XT = Cross Training

Cross Training is any activity other than running. Some of the best are swimming, biking, walking, deep water running, elliptical trainer, and the stair stepper.

OCTOBER 5 & 6, 2019
DOWNTOWN LAWTON, OK • ELMER THOMAS PARK

HALF MARATHON / QUARTER MARATHON / 5K / KIDS / SPIRIT WALK
62M BIKE RIDE / 52 M BIKE RIDE / 26M BIKE RIDE / FAMILY BIKE RIDE
### 2019 SPIRIT OF SURVIVAL

#### 5K (RUN) TRAINING PLAN

<table>
<thead>
<tr>
<th>WK</th>
<th>DATE</th>
<th>MON</th>
<th>TUE</th>
<th>WEDS</th>
<th>THUR</th>
<th>FRI</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>July 15 - 21</td>
<td>Rest or XT</td>
<td>5 – 10 Min</td>
<td>Rest or Run/Walk</td>
<td>5 – 10 Min</td>
<td>Rest or Run/Walk</td>
<td>5 – 10 Min</td>
<td>15 Min Walk</td>
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<tr>
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<td>July 22 - 28</td>
<td>Rest or XT</td>
<td>10 – 15 Min</td>
<td>Rest or Run/Walk</td>
<td>10 – 15 Min</td>
<td>Rest or Run/Walk</td>
<td>10 – 15 Min</td>
<td>20 Min Walk</td>
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<td>July 29 - August 4</td>
<td>Rest or XT</td>
<td>0.50 m Run</td>
<td>Rest or Run/Walk</td>
<td>0.50 m Run</td>
<td>Rest or Run/Walk</td>
<td>0.75 m Run</td>
<td>20 Min Walk</td>
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<tr>
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<td>Rest or XT</td>
<td>0.50 m Run</td>
<td>Rest or Run/Walk</td>
<td>0.75 m Run</td>
<td>Rest or Run/Walk</td>
<td>1 m Run</td>
<td>25 Min Walk</td>
</tr>
<tr>
<td>5</td>
<td>August 12 - 18</td>
<td>Rest or XT</td>
<td>0.75 m Run</td>
<td>Rest or Run/Walk</td>
<td>1 m Run</td>
<td>Rest or Run/Walk</td>
<td>1.25 m Run</td>
<td>25–30 Min Walk</td>
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<tr>
<td>6</td>
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<td>Rest or XT</td>
<td>1 m Run</td>
<td>Rest or Run/Walk</td>
<td>1.25 m Run</td>
<td>Rest or Run/Walk</td>
<td>1.5 m Run</td>
<td>30–35 Min Walk</td>
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<td>7</td>
<td>August 26 - Sept 1</td>
<td>Rest or XT</td>
<td>1.25 m Run</td>
<td>Rest or Run/Walk</td>
<td>1.5 m Run</td>
<td>Rest or Run/Walk</td>
<td>1.75 m Run</td>
<td>35–40 Min Walk</td>
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<td>Rest or XT</td>
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<td>2 m or 20–25 Min</td>
<td>Rest or Run/Walk</td>
<td>2.5 m or 25–30 Min</td>
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<td>3 m or 30–35 Min</td>
<td>55–60 Min Walk</td>
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<tr>
<td>12</td>
<td>Sept 30 - Oct 6</td>
<td>Rest or XT</td>
<td>3 m or 30–35 Min</td>
<td>Rest or Run/Walk</td>
<td>2 m or 20–25 Min</td>
<td>Walk 5 – 15 Min</td>
<td>Rest</td>
<td>SOS 5K Run</td>
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</table>

* m = Miles  
* Min = Minutes  
* XT = Cross Training

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**2019 SPIRIT OF SURVIVAL**

**5K (WALK) TRAINING PLAN**

<table>
<thead>
<tr>
<th>WK</th>
<th>DATE</th>
<th>MON</th>
<th>TUE</th>
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<tbody>
<tr>
<td>1</td>
<td>July 15 - 21</td>
<td>Rest or XT</td>
<td>5 – 10 Min</td>
<td>Rest or Walk</td>
<td>5 – 10 Min</td>
<td>Rest or Walk</td>
<td>5 – 10 Min</td>
<td>15 Min Walk</td>
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<tr>
<td>2</td>
<td>July 22 - 28</td>
<td>Rest or XT</td>
<td>10 – 15 Min</td>
<td>Rest or Walk</td>
<td>10 – 15 Min</td>
<td>Rest or Walk</td>
<td>10 – 15 Min</td>
<td>20 Min Walk</td>
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<td>Rest or XT</td>
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<td>Rest or Walk</td>
<td>0.50 m</td>
<td>Rest or Walk</td>
<td>0.75 m</td>
<td>20 Min Walk</td>
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<td>Rest or Walk</td>
<td>1 m</td>
<td>25 Min Walk</td>
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<td>5</td>
<td>Aug 12 - 18</td>
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<td>0.75 m</td>
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<td>1.25 m</td>
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<td>Rest or Walk</td>
<td>1.5 m</td>
<td>30–35 Min Walk</td>
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<td>1.5 m</td>
<td>Rest or Walk</td>
<td>1.75 m</td>
<td>35–40 Min Walk</td>
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<td>Rest or Walk</td>
<td>1.75 m or 18–23 Min</td>
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<td>2 m or 20–25 Min</td>
<td>Rest or Walk</td>
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<td>Rest or Walk</td>
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<td>55–60 Min Walk</td>
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<tr>
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<td>Sept 30 - Oct 6</td>
<td>Rest or XT</td>
<td>3 m or 30–35 Min</td>
<td>Rest or Walk</td>
<td>2 m or 20–25 Min</td>
<td>Walk 5 – 15 Min</td>
<td>Rest</td>
<td><strong>SOS 5K Walk</strong></td>
</tr>
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</table>

* *m = Miles      * *Min = Minutes      * *XT = Cross Training*

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