



**VIRTUAL EVENTS**  
**HALF/QUARTER/SK**  
**BIKE RIDES 25M/50M/75M/100M**

**LIVE EVENTS**  
**SPIRIT WALK &**  
**KIDS' BUBBLE MARATHON**

**SEPTEMBER 19, 2021**

## HALF MARATHON TRAINING PLAN

WK	DATE	MON	TUE	WEDS	THUR	FRI	SAT	SUN
1	June 28 - July 4	2 m or 20-25 Min	2 m or XT	Rest or Run/walk	3 m or 30-35 Min	Rest	4 m or 40-45 Min	XT 20-25 Min
2	July 5 - 11	3 m or 30-40 Min	2 m or XT	Rest or Run/walk	3 m or 30-40 Min	Rest	4 m or 40-45 Min	XT 25 - 30 Min
3	July 12 - 18	3.5 m or 35-40 Min	2 m or XT	Rest or Run/walk	3 m or 30-40 Min	Rest	5 m or 50-55 Min	XT 25-30 Min
4	July 19 - 25	4 m or 40-45 Min	2 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	5 m or 50-55 Min	XT 25-30 Min
5	July 26 - August 1	4 m or 40-45 Min	2 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	6 m or 60-65 Min	XT 25-30 Min
6	August 2 - 8	4.5 m or 45-50 Min	3 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	7 m or 70 - 75 Min or <b>5K/10K race</b>	XT 30-45 Min
7	August 9 - 15	4.5 m or 45-50 Min	3 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	8 m or 80-90 Min	XT 30-45 Min
8	August 16 - 22	4.5 m or 45-50 Min	3 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	9 m or 90-95 Min	XT 30-45 Min
9	August 23 - 29	5 m or 50-55 Min	3 m or XT	Rest or Run/walk	4.5 m or 45-50 Min	Rest	10 m or 100-105 Min	XT 45-60 Min
10	August 30 - Sept 5	5 m or 50-55 Min	3 m or XT	Rest or Run/walk	5 m or 50-55 Min	Rest	10 m or 100-105 Min	XT 45-60 Min
11	Sept 6 - 12	5.5 m or 55-60 Min	3 m or XT	Rest or Run/walk	5 m or 50-55 Min	Rest	8 m or 80-90 Min	XT 45-60 Min
12	Sept 13 - 19	4.5 m or 45-50 Min	2 m or XT	Rest or Run/walk	4 m or 40-45 Min	Rest	Walk 10-20 Min	<b>SOS Half Marathon</b>

\*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.



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## QUARTER MARATHON TRAINING PLAN

WK	DATE	MON	TUE	WEDS	THUR	FRI	SAT	SUN
1	June 28 - July 4	Rest or Run/walk	0.5 m or 5 - 10 Min	XT 20-25 Min	0.5 m or 5 - 10 Min	Rest	1 m or 10-15 Min	XT 20-25 Min
2	July 5 - 11	Rest or Run/walk	0.5 m or 5 - 10 Min	XT 20-25 Min	0.5 m or 5 - 10 Min	Rest	1.5 m or 15-20 Min	XT 20-25 Min
3	July 12 - 18	Rest or Run/walk	1 m or 10 - 15 Min	XT 20-25 Min	1 m or 10 - 15 Min	Rest	2 m or 20-25 Min	XT 20-25 Min
4	July 19 - 25	Rest or Run/walk	1 m or 10 - 15 Min	XT 20-25 Min	1 m or 10 - 15 Min	Rest	2.5 m or 25-30 Min	XT 20-25 Min
5	July 26 - August 1	Rest or Run/walk	1 m or 10 - 15 Min	XT 20-25 Min	1.5 m or 15-20 Min	Rest	3 m or 30-35 Min	XT 20-25 Min
6	August 2 - 8	Rest or Run/walk	1.5 m or 15-20 Min	XT 25-30 Min	2 m or 20-25 Min	Rest	3.5 m or 35-40 Min	XT 25-30 Min
7	August 9 - 15	Rest or Run/walk	1.5 m or 15-20 Min	XT 25-30 Min	2.5 m or 25-30 Min	Rest	4 m or 40-45 Min	XT 30-40 Min
8	August 16 - 22	Rest or Run/walk	1.5 m or 15-20 Min	XT 25-30 Min	2.5 m or 25-30 Min	Rest	4.5 m or 45-50 Min	XT 30-45 Min
9	August 23 - 29	Rest or Run/walk	1.75 m or 18-23 Min	XT 35-40 Min	3 m or 30-35 Min	Rest	5 m or 50-55 Min	XT 45-60 Min
10	August 30 - Sept 5	Rest or Run/walk	2 m or 20-25 Min	XT 40-45 Min	3 m or 30-35 Min	Rest	5.5 m or 55-60 Min	XT 45-60 Min
11	Sept 6 - 12	Rest or Run/walk	2.5 m or 25-30 Min	XT 40-45 Min	3 m or 30-35 Min	Rest	6 m or 60-65 Min	XT 45-60 Min
12	Sept 13 - 19	Rest or Run/walk	3 m or 30-35 Min	XT 20-30 Min	2 m or 20-25 Min	Rest	Walk 10-20 Min	<b>SOS Quarter Marathon</b>

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**SEPTEMBER 19, 2021**

## 5K (RUN) TRAINING PLAN

WK	DATE	MON	TUE	WEDS	THUR	FRI	SAT	SUN
1	June 28 - July 4	Rest or XT	5 – 10 Min Walk	Rest or Run/ Walk	5 – 10 Min Walk	Rest or Run/ Walk	5 – 10 Min Walk	15 Min Walk
2	July 5 - 11	Rest or XT	10 – 15 Min Walk	Rest or Run/ Walk	10 – 15 Min Walk	Rest or Run/ Walk	10 – 15 Min Run	20 Min Walk
3	July 12 - 18	Rest or XT	0.50 m Run	Rest or Run/ Walk	0.50 m Run	Rest or Run/ Walk	0.75 m Run	20 Min Walk
4	July 19 - 25	Rest or XT	0.50 m Run	Rest or Run/ Walk	0.75 m Run	Rest or Run/ Walk	1 m Run	25 Min Walk
5	July 26 - August 1	Rest or XT	0.75 m Run	Rest or Run/ Walk	1 m Run	Rest or Run/ Walk	1.25 m Run	25–30 Min Walk
6	August 2 - 8	Rest or XT	1 m Run	Rest or Run/ Walk	1.25 m Run	Rest or Run/ Walk	1.5 m Run	30–35 Min Walk
7	August 9 - 15	Rest or XT	1.25 m Run	Rest or Run/ Walk	1.5 m Run	Rest or Run/ Walk	1.75 m Run	35–40 Min Walk
8	August 16 - 22	Rest or XT	1.5 m or 15–20 Min	Rest or Run/ Walk	1.75 m or 18 – 23 Min	Rest or Run/ Walk	2 m or 20–25 Min	40–45 Min Walk
9	August 23 - 29	Rest or XT	1.75 m or 18 – 23 Min	Rest or Run/ Walk	2 m or 20–25 Min	Rest or Run/ Walk	2.5 m or 25–30 Min	45–50 Min Walk
10	August 30 - Sept 5	Rest or XT	2 m or 20–25 Min	Rest or Run/ Walk	2.25 m or 25–30 Min	Rest or Run/ Walk	2.75 m or 30–35 Min	50–55 Min Walk
11	Sept 6 - 12	Rest or XT	2.5 m or 25–30 Min	Rest or Run/ Walk	2.5 m or 30–35 Min	Rest or Run/ Walk	3 m or 30–35 Min	55–60 Min Walk
12	Sept 13 - 19	Rest or XT	3 m or 30–35 Min	Rest or Run/ Walk	2 m or 20–25 Min	Walk 5 – 15 Min	Rest	<b>SOS 5K Run</b>

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**SEPTEMBER 19, 2021**

## SK (WALK) TRAINING PLAN

WK	DATE	MON	TUE	WEDS	THUR	FRI	SAT	SUN
1	June 28 - July 4	Rest or XT	5 – 10 Min	Rest or Walk	5 – 10 Min	Rest or Walk	5 – 10 Min	15 Min Walk
2	July 5 - 11	Rest or XT	10 – 15 Min	Rest or Walk	10 – 15 Min	Rest or Walk	10 – 15 Min	20 Min Walk
3	July 12 - 18	Rest or XT	0.50 m	Rest or Walk	0.50 m	Rest or Walk	0.75 m	20 Min Walk
4	July 19 - 25	Rest or XT	0.50 m	Rest or Walk	0.75 m	Rest or Walk	1 m	25 Min Walk
5	July 26 - August 1	Rest or XT	0.75 m	Rest or Walk	1 m	Rest or Walk	1.25 m	25–30 Min Walk
6	August 2 - 8	Rest or XT	1 m	Rest or Walk	1.25 m	Rest or Walk	1.5 m	30–35 Min Walk
7	August 9 - 15	Rest or XT	1.25 m	Rest or Walk	1.5 m	Rest or Walk	1.75 m	35–40 Min Walk
8	August 16 - 22	Rest or XT	1.5 m or 15–20 Min	Rest or Walk	1.75 m or 18 – 23 Min	Rest or Walk	2 m or 20–25 Min	40–45 Min Walk
9	August 23 - 29	Rest or XT	1.75 m or 18 – 23 Min	Rest or Walk	2 m or 20–25 Min	Rest or Walk	2.5 m or 25–30 Min	45–50 Min Walk
10	August 30 - Sept 5	Rest or XT	2 m or 20–25 Min	Rest or Walk	2.25 m or 25–30 Min	Rest or Walk	2.75 m or 30–35 Min	50–55 Min Walk
11	Sept 6 - 12	Rest or XT	2.5 m or 25–30 Min	Rest or Walk	2.5 m or 30–35 Min	Rest or Walk	3 m or 30–35 Min	55–60 Min Walk
12	Sept 13 - 19	Rest or XT	3 m or 30–35 Min	Rest or Walk	2 m or 20–25 Min	Walk 5 – 15 Min	Rest	<b>SOS 5K Walk</b>

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