

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Goal half marathon 1:45	First month is time on feet. February will transition to miles.	Hill repeats: 30-45sec long Not steep.	Need to stretch after all runs and workouts.	1	2	3
Off 4	5 Total jog time: 30 -45min Recovery pace	6 Total jog time: 30 -45min 4 hill repeats	7 Off	8 Total jog time: 30 -45min 4 hill repeats	9 Off	10 Total jog time: 30 -45min 4+ hill repeats
Off 11	12 Total jog time: 30 -45min Recovery pace	13 Total jog time: 30 -45min 4 hill repeats	14 Off	15 Total jog time: 30 -45min 4 hill repeats	16 Off	17 Total jog time: 30 -45min 4+ hill repeats
Off 18	19 Total jog time: 30 -45min Recovery pace	20 Total jog time: 30 -45min 4 hill repeats	21 Off	22 Total jog time: 30 -45min 4 hill repeats	23 Off	24 Total jog time: 30 -45min 4+ hill repeats
Off 25	26 Total jog time: 30 -45min Recovery pace	27 Total jog time: 30 -45min 4 hill repeats	28 Off	29 Total jog time: 30 -45min 4 hill repeats	30 Off	31 Total jog time: 30 -45min 4+ hill repeats

You're not a member yet? [Get Full Access Now.](#)