

# Go Find Your Awesome

## Goofy's Race and a Half Challenge Training Plan

December 30 through February 1, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly
30	31	1	2	3	4	5	Miles/Time
Easy 3 or Off	4 Miles w/ middle 2 Miles in Zone 2	Light Yoga or Off	4 Miles or 48 Minutes	4 Miles or 48 Minutes	8-10 Miles or 2:00 Maximum	Rest	20-25 Miles/4-5 hours
6	7	8	9	10	11	12	
Easy 3 Miles w/4-6 Strides	4 Miles w/ middle 2 Miles in Zone 2	Light Yoga or Off	Easy 2 Miles or Off	Easy 2 Miles or Off	<b>Walt Disney World Half Marathon</b>	<b>Walt Disney World Marathon!</b>	7-11 training miles/2 hours 12 Minutes training time
13	14	15	16	17	18	19	
Rest	Rest	2 Miles Zone 1	Light cross training/active recovery	3 Miles Zone 1	Easy 60 Minutes Zone 1	Rest	Zero to 3 hours
20	21	22	23	24	25	26	
3 Miles Zone 1	3-5 Miles, include Tempo	3 Miles Zone 1	Light Crosstraining/active recovery	30 Minutes, include tempo	45-75 Minute Long Run Zone 1-2	Rest	Zero to 4 hours
27	28	29	30	31	1	2	
4 Miles Zone 1	3-5 Miles include Tempo	4 Miles Zone 1	Light Crosstraining/active recovery	35 Minutes include Tempo	60-90 Minutes Long Run Zone 1-2	Rest	Up to 5 hours

Check out [www.gofindyourawesome.com](http://www.gofindyourawesome.com); on Instagram and Facebook @gofindyourawesome;

on YouTube: <https://www.youtube.com/user/hljscuba2002/>