





2025 miniMarathon Training Plan


The Norton Sports Health program combines cross-training, mileage and rest in a 15-week training plan designed to help you adapt to the physical demands of a half-marathon. Use this plan as a visual guide to keep track of your progress.


JANUARY FEBRUARY MARCH APRIL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
GET READY Jan. 5 to 11					Kickoff day!	Rest	8 a.m. SWG 2 mi
WEEK 1 Jan. 12 to 18	Rest	2 mi	2 mi	6 p.m. NSP 2 mi	XT or 2 mi	Rest	8 a.m. BCK 3 mi
WEEK 2 Jan. 19 to 25	Rest or XT	2 mi	Hill work	6 p.m. NSP 3 mi	XT or 2 mi	Rest	8 a.m. NSP 4 mi
WEEK 3 Jan. 26 to Feb. 1	Rest or XT	3 mi	Speed work	6 p.m. NSP 3 mi	XT or 3 mi	Rest	8 a.m. SEN 5 mi
WEEK 4 Feb. 2 to 8	Rest or XT	3 mi	Hill work	6 p.m. NSP 3 mi	XT or 3 mi	Rest	 4 mi
WEEK 5 Feb. 9 to 15	Rest or XT	3 mi	Speed work	6 p.m. NSP 3 mi	XT or 3 mi	Rest	8 a.m. SWG 6 mi
WEEK 6 Feb. 16 to 22	Rest or XT	3 mi	Hill work	6 p.m. NSP 4 mi	XT or 3 mi	Rest	8 a.m. BCK 7 mi
WEEK 7 Feb. 23 to March 1	Rest or XT	3 mi	Speed work	6 p.m. NSP 4 mi	XT or 3 mi	Rest	 5K + 5 mi
WEEK 8 March 2 to 8	Rest or XT	3 mi	Hill work	6 p.m. NSP 4 mi	XT or 3 mi	Rest	8 a.m. SWG 6 mi
WEEK 9 March 9 to 15	Rest or XT	4 mi	Speed work	6 p.m. NSP 5 mi	XT or 4 mi	Rest	 10K + 2 mi
WEEK 10 March 16 to 22	Rest or XT	4 mi	Hill work	6 p.m. NSP 5 mi	XT or 4 mi	Rest	8 a.m. SEN 10 mi
WEEK 11 March 23 to 29	Rest or XT	3 mi	Speed work	6 p.m. NSP 4 mi	XT or 3 mi	Rest	 10 mi
WEEK 12 March 30 to April 5	Rest or XT	4 mi	Hill work	6 p.m. NSP 5 mi	XT or 4 mi	Rest	8 a.m. B4S 11 mi
WEEK 13 April 6 to 12	Rest or XT	5 mi	Speed work	6 p.m. NSP 6 mi	XT or 5 mi	Rest	8 a.m. SWG 12 mi
WEEK 14 April 13 to 19	Rest or XT	4 mi	Hill work	6 p.m. NSP 3 mi	XT or 2 mi	Rest	8 a.m. NSP 8 mi
WEEK 15 April 20 to 26	Rest	2 mi	3 mi	3 mi	2 mi	Rest	7 a.m. Race!



XT = Cross-train; see page 13 of the digital training manual for details.

 = Louisville Triple Crown of Running race (Separate registration required; no scheduled group run)
See page 21 in the digital training manual for details.

 = River City Races: Snowman Shuffle 4 miler (Separate registration required; no scheduled group run)
See page 21 in the digital training manual for details.

Tuesday speed work/hills samples can be found on page 24 of the digital training manual.

Wednesday group runs will take place from Norton Sports Health Performance & Wellness Center (NSP), Westport Plaza, Suite 129, 9451 Westport Road, Louisville, KY 40241

- Wednesday group runs start at 6 p.m. Routes will not be marked. Sample routes will be provided.
 - An optional post-run, 30-minute guided stretching or cross-training session will be available.
- Norton Sports Health Performance & Wellness Center closes at 8 p.m.

***Saturday morning group run locations alternate:**

BCK = Beckley Creek Park, PwC Pavilion, 1411 Beckley Creek Parkway, Louisville, KY 40245

B4S = Big Four Station Park, 223 Pearl St., Jeffersonville, IN 47130 (Meet under the pavilion.)

NSP = Norton Sports Health Performance & Wellness Center, Westport Plaza, Suite 129, 9451 Westport Road, Louisville, KY 40241

SEN = Seneca Park, 3101 Rock Creek Drive, Louisville, KY 40207

SWG = Swags Sport Shoes South, 7415 Third Street Road, Louisville, KY 40214



Scan the QR code for the digital training manual.



Scan the QR code for the Facebook group.







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The Norton Sports Health program combines cross-training, mileage and rest in a 15-week training plan designed to help you adapt to the physical demands of a marathon. Use this plan as a visual guide to keep track of your progress.


JANUARY FEBRUARY MARCH APRIL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
GET READY Jan. 5 to 11					Kickoff day!	1 mile	8 a.m. SWG 6 mi
WEEK 1 Jan. 12 to 18	Rest	3 mi	3 mi	6 p.m. NSP 5 mi	XT or 3 mi	1 mile	8 a.m. BCK 8 mi
WEEK 2 Jan. 19 to 25	Rest or XT	3 mi	Hill work	6 p.m. NSP 6 mi	XT or 3 mi	1 mile	8 a.m. NSP 10 mi
WEEK 3 Jan. 26 to Feb. 1	Rest or XT	4 mi	Speed work	6 p.m. NSP 6 mi	XT or 4 mi	1 mile	8 a.m. SEN 11 mi
WEEK 4 Feb. 2 to 8	Rest or XT	3 mi	Hill work	6 p.m. NSP 4 mi	XT or 3 mi	1 mile	 4 mi + 4 mi
WEEK 5 Feb. 9 to 15	Rest or XT	4 mi	Speed work	6 p.m. NSP 6 mi	XT or 4 mi	1 mile	8 a.m. SWG 13 mi
WEEK 6 Feb. 16 to 22	Rest or XT	4 mi	Hill work	6 p.m. NSP 6 mi	XT or 4 mi	1 mile	8 a.m. BCK 14 mi
WEEK 7 Feb. 23 to March 1	Rest or XT	5 mi	Speed work	6 p.m. NSP 6 mi	XT or 5 mi	Rest	 5K + 12 mi
WEEK 8 March 2 to 8	Rest or XT	4 mi	Hill work	6 p.m. NSP 5 mi	XT or 4 mi	1 mile	8 a.m. SWG 11 mi
WEEK 9 March 9 to 15	Rest or XT	5 mi	Speed work	6 p.m. NSP 6 mi	XT or 5 mi	Rest	 10K + 10 mi
WEEK 10 March 16 to 22	Rest or XT	5 mi	Hill work	6 p.m. NSP 7 mi	XT or 5 mi	1 mile	8 a.m. SEN 18 mi
WEEK 11 March 23 to 29	Rest or XT	4 mi	Speed work	6 p.m. NSP 5 mi	XT or 4 mi	Rest	 10 mi + 3 mi
WEEK 12 March 30 to April 5	Rest or XT	5 mi	Hill work	6 p.m. NSP 7 mi	XT or 5 mi	Rest	8 a.m. B4S 20 mi
WEEK 13 April 6 to 12	Rest or XT	4 mi	Speed work	6 p.m. NSP 5 mi	XT or 4 mi	1 mile	8 a.m. SWG 12 mi
WEEK 14 April 13 to 19	Rest or XT	3 mi	Hill work	6 p.m. NSP 3 mi	XT or 3 mi	1 mile	8 a.m. NSP 8 mi
WEEK 15 April 20 to 26	Rest	2 mi	3 mi	3 mi	2 mi	Rest	7 a.m. Race!



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