



INDIANA UNIVERSITY HEALTH MINI MARATHON

2025 TRAINING GUIDE



Step up to the start line with confidence at the IU Health 500 Festival Mini-Marathon by following this 14-week training plan! Whether you're a rookie or a seasoned participant, this training plan will fuel you to that checkered flag finish! Visit IndyMini.com for locations and start times of the Miller Series and Mini-Marathon. Follow us on social media for more training tips, advice, updates, and more!

14-WEEK HALF MARATHON TRAINING PROGRAM



Week	Dates	Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1	1/16 - 2/1	Rest & Recovery Day	3 miles	30 minutes Cross Training (Yoga/Strength/Stretch)	2 miles	Rest OR 30 minutes Cross Training (Yoga/Strength/Stretch)	2 miles	3 miles		
2	2/2 - 2/8		3 miles		2 miles		3 miles	3 miles	3 miles	3 miles 500 Festival 3-Miler
3	2/9 - 2/15		3 miles		2 miles		3 miles	3 miles	3 miles	4 miles
4	2/16 - 2/22		2 miles		4 miles		4 miles	4 miles	4 miles	5 miles
5	2/23 - 3/1		4 miles		3 miles		4 miles	4 miles	4 miles	5 miles
6	3/2 - 3/8		3 miles		3 miles		3 miles	3 miles	4 miles	6 miles 500 Festival 6-Miler
7	3/9 - 3/15		3 miles		4 miles		4 miles	4 miles	5 miles	7 miles
8	3/16 - 3/22		4 miles		4 miles		4 miles	4 miles	5 miles	8 miles
9	3/23 - 3/29		4 miles		5 miles		5 miles	5 miles	6 miles	9 miles
10	3/30 - 4/5		4 miles		5 miles		5 miles	5 miles	7 miles	10 miles 500 Festival 10-Miler
11	4/6 - 4/12		4 miles		6 miles		6 miles	6 miles	8 miles	9 miles
12	4/13 - 4/19		4 miles		6 miles		6 miles	6 miles	6 miles	8 miles
13	4/20 - 4/26		3 miles		4 miles		4 miles	4 miles	4 miles	6 miles
14	4/27 - 5/3		3 miles		2 miles		2 miles	2 miles	3 miles	13.1 miles INDY MINI

Long Run Days

Have questions about your training or need a little push? Check out IndyMini.com/training for some motivation, helpful tips, and advice.