



**THIRSTY 13**  
HALF  
MARATHON

<u>Week</u>	<u>Week of</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
1	8-May	30 minutes Run/Walk	30 minutes Cross-Train	30 minutes Run/Walk	Rest	30 minutes Cross-Train	3 miles Easy	Rest
2	15-May	30 minutes Run/Walk	30 minutes Cross-Train	30 minutes Run/Walk	Rest	30 minutes Cross-Train	4 miles Easy	Rest
3	22-May	30 minutes Run/Walk	30 minutes Cross-Train	30 minutes Run/Walk	Rest	30 minutes Cross-Train	4 miles Easy	Rest
4	29-May	30 minutes Run/Walk	30 minutes Cross-Train	30 minutes Run/Walk	Rest	30 minutes Cross-Train	5 miles Easy	Rest
5	5-Jun	30 minutes Run/Walk	30 minutes Cross-Train	30 minutes Run/Walk	Rest	30 minutes Cross-Train	6 miles Easy	Rest
6	12-Jun	35 minutes Run/Walk	30 minutes Cross-Train	35 minutes Run/Walk	Rest	30 minutes Cross-Train	6 miles Easy	Rest
7	19-Jun	35 minutes Run/Walk	30 minutes Cross-Train	35 minutes Run/Walk	Rest	30 minutes Cross-Train	7 miles Easy	Rest
8	26-Jun	35 minutes Run/Walk	30 minutes Cross-Train	35 minutes Run/Walk	Rest	30 minutes Cross-Train	8 miles Easy	Rest
9	3-Jul	40 minutes Run/Walk	30 minutes Cross-Train	40 minutes Run/Walk	Rest	30 minutes Cross-Train	8 miles Easy	Rest
10	10-Jul	40 minutes Run/Walk	30 minutes Cross-Train	40 minutes Run/Walk	Rest	30 minutes Cross-Train	9 miles Easy	Rest
11	17-Jul	40 minutes Run/Walk	30 minutes Cross-Train	40 minutes Run/Walk	Rest	30 minutes Cross-Train	10 miles Easy	Rest
12	24-Jul	45 minutes Run/Walk	30 minutes Cross-Train	45 minutes Run/Walk	Rest	30 minutes Cross-Train	10 miles Easy	Rest
13	31-Jul	45 minutes Run/Walk	30 minutes Cross-Train	45 minutes Run/Walk	Rest	30 minutes Cross-Train	11 miles Easy	Rest
14	7-Aug	45 minutes Run/Walk	30 minutes Cross-Train	45 minutes Run/Walk	Rest	30 minutes Cross-Train	12 miles Easy	Rest



Helms/Shadid Group  
1099 Main Avenue  
Suite 203  
Durango, CO 81301

Thomas Helms, CFP  
[thelms@rwbaird.com](mailto:thelms@rwbaird.com)  
(970) 422-3868

Scott Shadid  
[sshadid@rwbaird.com](mailto:sshadid@rwbaird.com)  
(970) 422-3864