

Beachbody on Demand + Half Marathon Training Schedule

| Week | Mon | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--|--------------|---|--------------|--|----------------------|------------------|
| 1 | Piyo: Sculpt | 3 Mile Run | Brazil Butt Lift: Cardio Axe | 3 Mile Run | 22 Min HC: Resistance 2 | Rest or Walk/Hike | 4 Mile Run |
| 2 | 21 Day Fix: Yoga Fix | 3 Mile Run | 22 Min HC: Cardio 2 | 3 Mile Run | Hammer & Chisel: Max Hammer Strength | Rest or Walk/Hike | 4 Mile Run |
| 3 | Yoga Retreat: Day 2 Stretch | 3.5 Mile Run | Insanity Max 30: Max Out Cardio | 3.5 Mile Run | P90X: Total Body Plus | Rest or Walk/Hike | 5 Mile Run |
| 4 | Core De Force: Active Recovery | 3.5 Mile Run | 21 Day Fix: Cardio Fix | 3.5 Mile Run | Insanity Asylum 2: Power Legs | Rest or Walk/Hike | 5 Mile Run |
| 5 | Insanity: Recovery | 4 Mile Run | P90: Sweat B | 4 Mile Run | Body Beast: Total Body | Rest or Walk/Hike | 6 Mile Run |
| 6 | Chalean Extreme: Dynamic Yoga | 4 Mile Run | 21 Day Fix Extreme: Cardio Fix | 4 Mile Run | Core De Force: Dynamic Strength | Rest or Walk/Hike | 5K Race Pace |
| 7 | Yoga Retreat: Day 3 Balance | 4.5 Mile Run | Insanity: Pure Cardio | 4.5 Mile Run | 21 Day Fix Extreme: Upper Fix Extreme | Rest or Walk/Hike | 7 Mile Run |
| 8 | Ted's Yoga: Muscle Recovery | 4.5 Mile Run | Turbo Fire: Fire 45 | 4.5 Mile Run | Chalean Extreme: Push Circuit 2 | Rest or Walk/Hike | 8 Mile Run |
| 9 | P90X3: X3 Yoga | 5 Mile Run | Core De Force: MMA Plyo | 5 Mile Run | Hammer & Chisel: Hammer Power | Rest or Walk/Hike | 10K Race Pace |
| 10 | Yoga Retreat: Day 4 Flow | 5 Mile Run | Jericho's Exclusives: Half & Half Harder | 5 Mile Run | 21 Day Fix: Dirty 30 | Rest or Walk/Hike | 9 Mile Run |
| 11 | Yoga Booty Ballet: Pure & Simple Yoga | 5 Mile Run | Chalean Extreme: Lean Circuit 1 | 5 Mile Run | Joel's Exclusives: Grab Bag Power | Rest or Walk/Hike | 10 Mile Run |
| 12 | Tony's Exclusives: Myofascial Release | 4 Mile Run | T25: Cardio | 2 Mile Run | Rest | Rest | HALF MARATHON |