

## TRAINING SCHEDULE FOR: MOUNTAINS TO BEACH HALF MARATHON May 27, 2018

Beginner: 0-3 previous half marathons (B)

Advanced: 4+ previous half marathons (A)

Week	Date	Sat. Miles	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	3/3	3 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		8 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
2	3/10	4 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		9 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
3	3/17	5 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		10 (A)	Run/Walk	45-60 min	4 miles (A) Hills	45-60 min	4 miles	
4	3/24	6 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		12 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
		` ′			(A) Hills			
5	3/31	7 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		10 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
					(A) Hills			
6	4/7	8 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		13 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
					(A) Hills			
7	4/14	9 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		12 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
					(A) Hills			
8	4/21	10 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		10 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
	1.12.0	11 (7)		(A) Track		77 /2 1	~ .	_
9	4/28	11 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		12 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
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	5/5	10 (B)	Trail	Cross-train	Strength	Yoga/Swim 45-60 min	Strength	Rest
		10 (A)	Run/Walk	45-60 min	4 miles	43-60 mm	4 miles	
11	5/12	12 (B)	Trail	(A) Track Cross-train	Strength	Yoga/Swim	Strength	Rest
	3/12	8 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	Kest
			Kuii/ Waik	(A) Track	TIMES	75 00 11111	TIMICS	
12	5/19	6 (B)	Trail	Cross-train	Strength	Yoga/Swim	Rest	Rest
		6 (A)	Run/Walk	30 min	3 miles	45-60 min		
13	5/26	Rest	Sun.,	Wear your	3 miles	Yoga/Swim	Walk	Rest
			May 27	medal all	max		30 min	
			<b>13.1</b> miles	day				