



TRAINING SCHEDULE FOR: Pasadena Half Marathon 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	10/28	3 (B) 8 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
2	11/4	4 (B) 9 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
3	11/11	5 (B) 10 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
4	11/18	6 (B) 12 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
5	11/25	7 (B) 10 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
6	12/2	8 (B) 13 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
7	12/9	9 (B) 12 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
8	12/16	10 (B) 10 (A)	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
9	12/23	11 (B) 12 (A)	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
10	12/30	10 (B) 10 (A)	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
11	1/6	12 (B) 8 (A)	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
12	1/13	6 (B) 6 (A)	Trail Run/Walk	Cross-train 30 min	Strength 3 miles	Yoga/Swim 45-60 min	Rest	Rest
13	1/20	Rest	Sunday January 21, 13.1 miles	Wear your medal all day	3 miles max	Yoga/Swim	Walk 30 min	Rest