

## TRAINING SCHEDULE FOR: 2018 SAN FRANCISCO HALF MARATHON

Beginner: 0-3 previous half marathons (B)

Advanced: 4+ previous half marathons (A)

Week	Date	Sat. Miles	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	5/5	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	5/12	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	5/19	5 (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			
4	5/26	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	6/2	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	6/9	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	6/16	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			1
8	6/23	10 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		10 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
0	6/20	11 (D)		(A) Track	G1	X7 /C '	G1	D .
9	6/30	11 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		12 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
10	7/7	10 (D)	Troil	(A) Track	Ctmore atla	Vaca/Crains	Ctmorr oth	Doct
10	7/7	10 (B)	Trail Run/Walk	Cross-train	Strength	Yoga/Swim 45-60 min	Strength 4 miles	Rest
		10 (A)	Kull/ Walk	45-60 min	4 miles	43-00 11111	4 mnes	
11	7/14	12 (B)	Trail	(A) Track Cross-train	Strongth	Vogo/Swim	Strongth	Rest
11	//14	8 (A)	Run/Walk	45-60 min	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Kest
		0 (A)	IXUII/ W alk	(A) Track	+ 1111168	43-00 11111	+ 1111168	
12	7/21	6 (B)	Trail	Cross-train	Strength	Yoga/Swim	Rest	Rest
	1/21	6 (A)	Run/Walk	30 min	3 miles	45-60 min	Rest	Kest
13	7/28	Rest	Sunday	Wear your	3 miles	Yoga/Swim	Walk	Rest
13	1/20	IXCSI	July 29th	medal all	max	1 Oga/Swilli	30 min	Kest
			13.1 miles	day	HIUA		Jonnin	
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