

TRAINING SCHEDULE FOR: MOUNTAINS2BEACH HALF MARATHON – MAY 28, 2017

Beginner: 0-3 previous half marathons (B)

Advanced: 4+ previous half marathons (A)

Week	Date	Sat. Miles	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	3/4	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	3/11	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	3/18	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	3/25	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	4/1	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	4/8	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	4/15	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	4/22	10 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		10 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
	1/20	11 (7)		(A) Track		** /0 :	1	
10	4/29	11 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		12 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
	516	10 (D)	T. 1	(A) Track	C+ 41	X / /C ·	C+ +1	D (
	5/6	10 (B)	Trail	Cross-train	Strength	Yoga/Swim	Strength	Rest
		10 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
	5/13	12 (D)	Trail	(A) Track	Ctuare atla	Vaca /Cyrina	Ctmomotle	Dogt
	3/13	12 (B)		Cross-train	Strength	Yoga/Swim	Strength	Rest
		8 (A)	Run/Walk	45-60 min	4 miles	45-60 min	4 miles	
12	5/20	6 (B)	Trail	(A) Track	Strongth	Yoga/Swim	Rest	Rest
	3/20	` /	Run/Walk	Cross-train 30 min	Strength 3 miles	45-60 min	Kesi	Kest
13	5/27	6 (A) Rest	Sun.,	Wear your	3 miles	Yoga/Swim	Walk	Rest
13	3121	Kest	May 28,	medal all		1 Uga/SWIIII	30 min	Kest
			13.1 miles	day	max		JU IIIIII	
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