



TRAINING SCHEDULE FOR: Pasadena Trail Half Marathon October 21, 2018

Beginner: 0-3 previous half marathons (B)

Advanced: 4+ previous half marathons (A)

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thu	Fri
1	7/28	3(B) 8(A)	Trail Run/Walk	Strength 4 miles	Cross-train 45- 60min	Strength 4 miles	Cross-train 45-60min	Rest
2	8/4	4(B) 9(A)	Trail Run/Walk	Strength 4 miles	Cross-train 45- 60min	Strength 4 miles	Cross-train 45-60min	Rest
3	8/11	5(B) 10(A)	Trail Run/Walk	Strength 4 miles (A)Hills	Cross-train 45- 60min	Strength 4 miles	Cross-train 45-60min	Rest
4	8/18	6(B) 12(A)	Trail Run/Walk	Strength 4 miles (A)Hills	Cross-train 45- 60min	Strength 4 miles	Cross-train 45-60min	Rest
5	8/25	7(B) 10(A)	Trail Run/Walk	Strength 4 miles (A)Hills	Cross-train 45- 60min	Strength 4 miles	Cross-train 45-60min	Rest
6	9/1	8(B) 13(A)	Trail Run/Walk	Strength 4 miles (A)Hills	Cross-train 45- 60min	Strength 4 miles	Cross-train 45-60min	Rest
7	9/8	9(B) 12(A)	Trail Run/Walk	Strength 4 miles (A)Hills	Cross-train 45- 60min	Strength 4 miles	Cross-train 45-60min	Rest
8	9/15	10(B) 10(A)	Trail Run/Walk	Strength 4 miles	Cross-train 45- 60min (A)Track	Strength 4 miles	Cross-train 45-60min	Rest
9	9/22	11(B) 12(A)	Trail Run/Walk	Strength 4 miles	Cross-train 45- 60min (A)Track	Strength 4 miles	Cross-train 45-60min	Rest
10	9/29	10(B) 10(A)	Trail Run/Walk	Strength 4 miles	Cross-train 45- 60min (A)Track	Strength 4 miles	Cross-train 45-60min	Rest
11	10/6	12(B) 8(A)	Trail Run/Walk	Strength 4 miles	Cross-train 45- 60min (A)Track	Strength 4 miles	Cross-train 45-60min	Rest
12	10/13	6(B) 6(A)	Trail Run/Walk	Strength 3 miles	Cross-train 30min	Rest	Cross-train 45-60min	Rest
13	10/20	Rest	Race Day	Walk 30min Medal Monday	Yoga	Easy run 30min	Yoga/Swim	Rest