

TRAINING SCHEDULE FOR: Mountains 2 Beach Half Marathon May 26, 2019

Beginner: 0-3 previous half marathons (B)

Advanced: 4+ previous half marathons (A)

beginner:	er: 0-3 previous half marathons (B)					Auvanceu: 4-	+ previous half m	aratrions (A)
		Sat						
Week	Date	Miles	Sun	Mon	Tue	Wed	Thu	Fri
		2/0)	Troil	Ctuonoth	Cross train 45	Ctuanath	Cuosa tuain	
	2 /2	3(B)	Trail	Strength	Cross-train 45-		Cross-train	
1	3/2	8(A)	Run/Walk	4 miles	60min	4 miles	45-60min	Rest
		4(B)	Trail	Strength	Cross-train 45-	Strongth	Cross-train	
2	3/9	9(A)	Run/Walk	4 miles	60min	4 miles	45-60min	Rest
	3/3	9(A)	Ruii/ Waik	Strength	OUTITIT	4 1111165	43-0011111	nest
		5(B)	Trail	4 miles	Cross-train 45-	Strength	Cross-train	
3	3/16	10(A)	Run/Walk	(A)Hills	60min	4 miles	45-60min	Rest
	3/10	10(A)	Italij Walk	Strength	OOTTIIIT	4 1111103	45 00111111	incst
		6(B)	Trail	4 miles	Cross-train 45-	Strength	Cross-train	
4	3/23	12(A)	Run/Walk	(A)Hills	60min	4 miles	45-60min	Rest
	-,	1 . 7	,	Strength	-			
		7(B)	Trail	4 miles	Cross-train 45-	Strength	Cross-train	
5	3/30	10(A)	Run/Walk	(A)Hills	60min	4 miles	45-60min	Rest
	· ·			Strength				
		8(B)	Trail	4 miles	Cross-train 45-	Strength	Cross-train	
6	4/6	13(A)	Run/Walk	(A)Hills	60min	4 miles	45-60min	Rest
				Strength				
		9(B)	Trail	4 miles	Cross-train 45-	Strength	Cross-train	
7	4/13	12(A)	Run/Walk	(A)Hills	60min	4 miles	45-60min	Rest
					Cross-train 45-	_		
		10(B)	Trail	Strength	60min	Strength	Cross-train	
8	4/20	10(A)	Run/Walk	4 miles	(A)Track	4 miles	45-60min	Rest
		44(5)			Cross-train 45-	s		
		11(B)	Trail	Strength	60min	Strength	Cross-train	
9	4/27	12(A)	Run/Walk	4 miles	(A)Track Cross-train 45-	4 miles	45-60min	Rest
		10(B)	Trail	Ctronath		Strongth	Cross train	
10	E / A	` ,	Trail	Strength	60min	Strength	Cross-train	Post
10	5/4	10(A)	Run/Walk	4 miles	(A)Track Cross-train 45-	4 miles	45-60min	Rest
		12(B)	Trail	Strength	60min	Strength	Cross-train	
11	5/11	8(A)	Run/Walk	4 miles	(A)Track	4 miles	45-60min	Rest
11	3/11	O(A)	Nully Walk	4 1111111111111111111111111111111111111	(A) Hack	+ 1111162	43-00111111	IVEST
		6(B)	Trail	Strength	Cross-train		Cross-train	
12	5/18	6(A)	Run/Walk	3 miles	30min	Rest	45-60min	Rest
12	3, 10	5(, ,)	, want	Walk	30111111	1,030	.5 55111111	11030
				30min				
				Medal		Easy run		
13	5/25	Rest	Race Day	Monday	Yoga	30min	Yoga/Swim	Rest
13	2/23	IVEST	Nace Day	Ivioliuay	Inga	ווווווטכן	TOga/ SWIIII	IVEST