



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

Beginner: 0-3 previous half marathons (B)

Advanced: 4+ previous half marathons (A)

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thu	Fri
1	3/2	3(B) 8(A)	Trail Run/Walk	Strength 4 miles	Cross-train 45- 60min	Strength 4 miles	Cross-train 45-60min	Rest
2	3/9	4(B) 9(A)	Trail Run/Walk	Strength 4 miles	Cross-train 45- 60min	Strength 4 miles	Cross-train 45-60min	Rest
3	3/16	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	3/23	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	3/30	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	4/6	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	4/13	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	4/20	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	4/27	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	5/4	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	5/11	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	5/18	6(B) 6(A)	Trail Run/Walk	Strength 3 miles	Cross-train 30min	Rest	Cross-train 45-60min	Rest
13	5/25	Rest	Race Day	Walk 30min Medal Monday	Yoga	Easy run 30min	Yoga/Swim	Rest