



TRAINING SCHEDULE FOR: Pasadena Half Marathon January 19, 2020

Beginner: 0-3 previous half marathons (B)

Advanced: 4+ previous half marathons (A)

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thu	Fri
1	10/26	3(B) 8(A)	Trail Run/Walk	Strength 4 miles	Cross-train 45- 60min	Strength 4 miles	Cross-train 45-60min	Rest
2	11/2	4(B) 9(A)	Trail Run/Walk	Strength 4 miles	Cross-train 45- 60min	Strength 4 miles	Cross-train 45-60min	Rest
3	11/9	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	11/16	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	11/23	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	11/30	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	12/7	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	12/14	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	12/21	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	12/28	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	1/4	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	1/11	6(B) 6(A)	Trail Run/Walk	Strength 3 miles	Cross-train 30min	Rest	Cross-train 45-60min	Rest
13	1/18	Rest	Race Day	Walk 30min Medal Monday	Yoga	Easy run 30min	Yoga/Swim	Rest