

TRAINING SCHEDULE FOR: Pasadena Half Marathon January 19, 2020

Beginner: 0-3 previous half marathons (B)

Advanced: 4+ previous half marathons (A)

beginner.	*: 0-3 previous nair maratnons (B) Advanced: 4+ previous nair maratno							T
		Sat						
Week	Date	Miles	Sun	Mon	Tue	Wed	Thu	Fri
		2/5)	- "			c		
	- 1	3(B)	Trail	Strength	Cross-train 45-		Cross-train	
1	10/26	8(A)	Run/Walk	4 miles	60min	4 miles	45-60min	Rest
			L					
	_	4(B)	Trail	Strength	Cross-train 45-	_	Cross-train	
2	11/2	9(A)	Run/Walk	4 miles	60min	4 miles	45-60min	Rest
				Strength				
		5(B)	Trail	4 miles	Cross-train 45-		Cross-train	
3	11/9	10(A)	Run/Walk	(A)Hills	60min	4 miles	45-60min	Rest
				Strength				
		6(B)	Trail	4 miles	Cross-train 45-	Strength	Cross-train	
4	11/16	12(A)	Run/Walk	(A)Hills	60min	4 miles	45-60min	Rest
				Strength				
		7(B)	Trail	4 miles	Cross-train 45-	Strength	Cross-train	
5	11/23	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	11/30	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	12/7	12(A)	Run/Walk	(A)Hills	60min	4 miles	45-60min	Rest
					Cross-train 45-			
		10(B)	Trail	Strength	60min	Strength	Cross-train	
8	12/14	10(A)	Run/Walk	4 miles	(A)Track	4 miles	45-60min	Rest
					Cross-train 45-			
		11(B)	Trail	Strength	60min	Strength	Cross-train	
9	12/21	12(A)	Run/Walk	4 miles	(A)Track	4 miles	45-60min	Rest
	•	, ,			Cross-train 45-			
		10(B)	Trail	Strength	60min	Strength	Cross-train	
10	12/28	10(A)	Run/Walk	4 miles	(A)Track	4 miles	45-60min	Rest
	,	, ,	,		Cross-train 45-			
		12(B)	Trail	Strength	60min	Strength	Cross-train	
11	1/4	8(A)	Run/Walk	4 miles	(A)Track	4 miles	45-60min	Rest
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		6(B)	Trail	Strength	Cross-train		Cross-train	
12	1/11	6(A)	Run/Walk	3 miles	30min	Rest	45-60min	Rest
	-,	- (· ·)	1.0, 1.0	Walk				1.000
				30min				
				Medal		Easy run		
12	1/10	Doc+	Bass Day		Voga	-	Voga/Surias	Post
13	1/18	Rest	Race Day	Monday	Yoga	30min	Yoga/Swim	Rest