

TRM 2019 Half Marathon Schedule

<u>WK #</u>	<u>Wk of</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>	<u>Notes</u>
Wk 1	Oct. 1	20 min	20min	REST	30 min	REST	30 min	REST	Peace Officer 10/7
Wk 2	Oct. 8	30 min	20 min	REST	30 min	REST	40 min	REST	Cheese&Wine 10/13
Wk 3	Oct. 15	30 min	30 min	REST	40 min	REST	3 miles	REST	
Wk 4	Oct. 22	30 min	45 min	cross train	40 min	REST	5k or 10k	REST	Halloween Run 10/27
Wk 5	Oct. 29	3 miles	4 miles	cross train	3 miles	REST	5 miles	REST	
Wk 6	Nov. 5	3 miles	4 miles	cross train	5 miles	REST	4 miles	REST	
Wk 7	Nov. 12	3 miles	5 miles	cross train	4 miles	REST	6 miles	REST	
Wk 8	Nov. 19	3 miles	4 miles	cross train	5 miles	REST	4 miles	REST	
Wk 9	Nov. 26	3 miles	5 miles	cross train	4 miles	REST	7 miles	REST	
Wk 10	Dec. 3	3 miles	5 miles	REST	3 miles	REST	SOG (5K)	REST	SOG 12/8
Wk 11	Dec. 10	3 miles	4 miles	cross train	5 miles	REST	4 miles	REST	
Wk 12	Dec. 17	3 miles	5 miles	cross train	4 miles	REST	6 miles	REST	
Wk 13	Dec.24	3 miles	4 miles	REST	5 miles	REST	4 miles	REST	
Wk 14	Dec. 31	5 miles	5 miles	cross train	4 miles	REST	8 miles	REST	SCRC Banquet 1/5
Wk 15	Jan. 7	3 miles	6 miles	cross train	5 miles	REST	4 miles	REST	
Wk 16	Jan. 14	5 miles	5 miles	REST	4 miles	REST	9 miles	REST	
Wk 17	Jan. 21	3 miles	4 miles	REST	5 miles	REST	4 miles	REST	
Wk 18	Jan. 28	5 miles	7 miles	cross train	4 miles	REST	6 miles	REST	KP half 2/3/19
Wk 19	Feb. 4	5 miles	4 miles	REST	4 miles	REST	10 miles	REST	
Wk 20	Feb. 11	3 miles	5 miles	cross train	6 miles	REST	6 miles	REST	
Wk 21	Feb. 18	5 miles	6 miles	REST	4 miles	REST	11 miles	REST	
Wk 22	Feb. 25	3 miles	4 miles	cross train	6 miles	REST	6 miles	REST	
Wk 23	Mar. 4	5 miles	6 miles	REST	4 miles	REST	12 miles	REST	
Wk 24	Mar. 11	3 miles	4 miles	REST	6 miles	REST	6 miles	REST	
Wk 25	Mar. 18	7 miles	5 miles	cross train	7 miles	REST	walk	REST	Door Knob Day Sat.
Wk 26	Mar. 25	4 miles	3 miles	REST	REST	2 m jog	EXPO	RACE	Marathon

March 31th Marathon Day!!! Downtown 13.1 / 26.2 Miles!!!!!!