

# TRM 2020 Half Marathon Training Schedule

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

**March 29th Marathon Day!!! Downtown 13.1 / 26.2 Miles!!!!!!**