

### La Jolla Half Marathon Training Schedule - Plan A (training starts at 4 miles)

| Saturday Meeting | Mon    | Tues        | Wed         | Thurs  | Fri              | Sat      | Sun         |
|------------------|--------|-------------|-------------|--------|------------------|----------|-------------|
| 1/27/18          | 30 min | 30 min      | cross train | 30 min | off              | 4 miles  | cross train |
| 2/3/18           | 30 min | 30 min      | cross train | 30 min | off              | 5 miles  | cross train |
| 2/10/18          | 30 min | 30 min      | cross train | 35 min | off              | 6 miles  | cross train |
| 2/17/18          | 30 min | 35 min      | cross train | 35 min | off              | 7 miles  | cross train |
| 2/24/18          | 35 min | 35 min      | cross train | 35 min | off              | 8 miles  | cross train |
| 3/3/18           | 35 min | 35 min      | cross train | 40 min | off              | 9 miles  | cross train |
| 3/10/18          | 35 min | 40 min      | cross train | 40 min | off              | 10 miles | cross train |
| 3/17/18          | 35 min | 40 min      | cross train | 45 min | off              | 8 miles  | cross train |
| 3/24/18          | 40 min | 40 min      | cross train | 45 min | off              | 11 miles | cross train |
| 3/31/18          | 40 min | 45 min      | cross train | 45 min | off              | 8 miles  | cross train |
| 4/7/18           | 40 min | 45 min      | cross train | 50 min | off              | 12 miles | cross train |
| 4/14/18          | 40 min | 50 min      | cross train | 50 min | off              | 8 miles  | cross train |
| 4/21/18          | 30 min | 40 min easy | cross train | 30 min | 20 min easy walk | off      | Race Day    |